

National Naval Medical Center

Patient Services Guide & Telephone Directory

2008



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Commander's Welcoming Remarks

Welcome to the National Naval Medical Center – the Flagship of Navy Medicine. It is my distinct honor and privilege to serve you as the 37th Commander. NNMC is a world-renowned, state of the art healthcare institution. It is staffed by many of the world's best-trained medical practitioners. As a patient, you can rest assured you are in outstanding, capable hands. We are the "President's Hospital," serving those who have worn the cloth of the Nation, their families and our Nation's Leaders. We provide the same exceptional care to each and every person that enters our doors.

The National Naval Medical Center is committed to accommodating any local, national or worldwide need. We stand ready to assist whether it be conflicts like the Global War on Terrorism and Operation Iraqi Freedom; natural disasters such as Hurricane Katrina; or world-wide humanitarian missions as in USNS COMFORT and MERCY deployments to the farthest corners of the globe.

We are dedicated to prevention and promoting wellness with high quality, patient-centered care. We believe that the patient's family is vitally important in the healing and rehabilitation process. With a patient's total health and wellness in mind, it is our objective to provide the best course of action for a fast and proper diagnosis, a well-laid plan for treatment, proper follow-up and rehabilitation when needed. Patients who choose us for care receive the best care available anywhere with personalized, family-oriented attention. We strive to understand you and your family's unique needs so we can provide you the very best in care and support.

These are exciting times for Military Medicine. We are on a path to meet Congressionally-directed, full integration of Walter Reed Army Medical Center with us at Bethesda. We will become a united National Military Medical Center in 2011. The Deputy Secretary of Defense expanded the BRAC decision to the development of a world-class healthcare system in the National Capital Area. The three military medical centers and systems in this region will no longer operate in an independent fashion. They will, in collaboration with federal, public and civilian partners, work as a network of providers and component facilities bringing the very best in coordinated ambulatory and inpatient services to our population. As integration progresses, we will begin to see signs of construction on base to accommodate the expansion in care capability and service growth. However, we have made a promise! Our commitment to healthcare excellence will remain strong and at no time will the quality of our patient care be compromised. You can continue to rely on our same caring and superior service you have come to know and trust.

We will remain strongly committed to health-care and readiness education and training. The National Naval Medical Center is a leader in graduate medical and health professional training like undergraduate medical education. Our integrated future will allow further improvements in our health professional education programs to meet the future needs of our patient population.

Because we are a Navy at war supporting a country engaged in a Global War, the National Naval Medical Center has been given the additional responsibility of caring for American's fallen heroes. We are honored and proud to have the around-the-clock casualty care mission to restore the health, well-being, and function of our country's courageous men and women. It will remain our top priority. They deserve nothing less than our absolute best for going into Harm's Way and defending the freedoms and liberties this nation was founded on. It is also our pleasure to care for our Nation's veterans who gave so much in past conflicts and for their families who always supported them. We gladly do this with respect and compassion.

As the Commander of the National Naval Medical Center, I commit our great institution to ensuring that you and your family members receive the best possible medical care available. I ask your patience and understanding as we expand and take on the challenges that lie ahead in the total integration of all military medicine in the Nation's Capital Region centered right here at our National Naval Medical Center campus in Bethesda. I welcome your suggestions and thoughts on how we can improve to serve you and maintain our reputation as a world renowned, state of the art healthcare system ... the Flagship of Navy Medicine.

Thank you for your continued support.

Respectfully,

R. R. JEFFRIES
RDML, MC, USN



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Welcome to the National Naval Medical Center

The National Naval Medical Center is one of the largest and most renowned military medical centers in the world. Best known for caring for our country's Presidents and other national leaders for more than 65 years, NNMC also prides itself on restoring the health and well-being of our wounded war heroes. People come here for many reasons: to heal, to stay healthy, to help others, to teach the next generation, to practice quality medicine, and take part in cutting-edge clinical research.

The National Naval Medical Center is comprised of a team of nearly 4,500 professionals and support staff who make it their daily mission to serve our patients and their families. Most importantly, they all care and are committed to their service. Each has an individual assignment, yet all work together to accomplish the vision of our medical center. That vision is to be the Flagship of Force Health Protection and operational readiness; to deliver outstanding customer service; maintain exceptional opportunities in graduate medical and dental education and research; and always deliver world-class health care.

As we move into the future and closer to a fully integrated healthcare system, our team will expand and our capabilities

increase.

We will continue to live up to our reputation and provide the same exceptional quality of care we are famous for. The National Naval Medical Center will be a place with many new faces and areas of operation. Throughout this revolutionary collaboration and functional integration with our Army and Air Force counterparts, we remain a team of health care providers whose goal is serving our patient population.

This guide is designed to offer the most relevant and current information to patients, visitors, and newcomers. We hope that by telling you all little more about us, you will find that the National Naval Medical Center is really more than a hospital. We are your choice for health care. We are your military family.



**CAPT Michael Malanoski,
Deputy Commander
Operations/Integration**

Planned Mission for 2008:

As the Flagship of Navy Medicine:

- We provide the Nation's best casualty care
- We maximize readiness and promote wellness for our uniformed services (staff, patients)
- We provide quality patient- and family-centered care
- We develop and export innovation in healthcare
- We lead the way in integration in the NCA healthcare system
- We provide robust education and professional development programs
- We serve as a resource for homeland defense and humanitarian assistance
- We care for the Nation's leaders
- We are the President's hospital

JOINT TASK FORCE: What does it mean to YOU?

It has been nearly three years since the Base Realignment and Closure (BRAC) announcement was made which included the integration of the Army and the Navy's two biggest and most prominent hospitals: Walter Reed Army Medical Center (WRAMC), and the National Naval Medical Center (NNMC). Once made law, it was evident that military medicine in the National Capital Region (NCR) would never be quite the same, and the integration of these two military medical giants would likely be the model for the future of military medicine as we know it.

The Joint Task Force National Capital Region Medical Command (JTF CAPMED) is established.

In September of 2007, the JTF CAPMED, a fully functional Standing Joint Task Force was established. Located on the NNMC campus and reporting directly to the Secretary of Defense through the Deputy Secretary of Defense, the newly formed Command was charged with leading the way for the effective and efficient consolidation and realignment of military healthcare in the NCR. Rear Admiral John Mateczun was appointed to lead the mission. Having a single leader in charge, allows for proper focus on patient care by the hospital Commanders, and allows for BRAC planning by the JTF CAPMED Commander.



"As we look to the exciting time ahead it's important to remember that each Service brings unique and critical capabilities to our mission, and our goal is to achieve an integrated healthcare delivery system which

will bring the 'best of the best' together to work in concert on behalf of the population they serve."— RADM Mateczun

RADM Mateczun has significant managerial and leadership experience and is particularly skilled in focusing groups and individuals on a common set of priorities and obtaining consensus on the courses of action required to achieve intended objectives and outcomes. He has served as Joint Staff Surgeon, Commander of the Medical Center in San Diego, Chief Operating Officer for Navy Medicine as the Deputy Surgeon General, and also was the Director for the Military Health System Office of Transformation. Establishing a clear and concise **VISION**, RADM Mateczun proposed that the future Walter Reed National Military Medical Center at Bethesda would be: **"A world-class medical center at the hub of the nation's premier regional healthcare system serving our military and our nation."**

The JTF leader's **MISSION** was also made clear: **"We will deliver integrated healthcare in the NCR, ensure readiness, and execute the BRAC business plan to achieve the Vision."**

To accomplish this unified medical mission, the medical services of the Army, Navy, and Air Force in the NCR will integrate to ensure the best utilization of resources available which will eliminate redundancies, enhance clinical care, promote health professions education and joint training, and enhance military medical research opportunities. This integration will also further the growth of transformative efforts with government, community and private sector partners.

The JTF has clearly defined the Principles and Priorities that guide their actions:

A Focus on the Mission. We are at war and have a responsibility to provide healthcare services while we prepare and train for deployments and contingencies. Our greatest commitment is to the health and well being of the men and women who serve our country. Our nation has seen its share of Marines, Sailors, Airmen and Soldiers injured while fighting for the welfare of others during Operations Iraqi and Enduring Freedom. As America's future primary reception site for returning casualties and trauma care, there is nothing more important to our mission than taking care of our wounded, ill and injured warriors and their families. Force Health Protection is an on-going, four-pronged approach which includes:

- Casualty Care: Providing health care to returning or injured service personnel
- Individual Medical Readiness: Maintaining a fit and ready force.
- Deployment of Army, Navy and Air Force medical practitioners, often into harm's way.
- Family-Centered Care: Providing care to our other beneficiaries at home; families and retired.

Serving Our People. Our success depends on the contributions of our active, reserve, civilian, and contract personnel and their families. Their personal readiness is essential to our mission. One of our Priorities is caring for the caregivers. Our people are called to provide healthcare often under trying circumstances. It is a tough job and we have a covenant responsibility to care for them.

Interoperability and Leadership. Leadership is key to service. We are currently in a unique situation to be able to draw leadership potential from all Services. Since each Service brings unique and critical capabilities to the table, we will have the "best of the best." Yet, with *interoperability*, the fusion of working together on all levels, must come teamwork and trust. These are the keys to agile leadership and interoperability between the Services.

Regional Healthcare Delivery. Integrated planning for the efficient and effective delivery of services on a regional basis is the key to quality and to mission success. We will use common business standards and clinical processes to maximize region-wide growth and potential.

Our Pledge to YOU:

Military healthcare professionals are filling a wide range of roles – demonstrating courage, compassion, ingenuity, and excellence. The staff members of the JTF, and of the Military Health Care Treatment Facilities throughout the NCR, both military and civilian, pledge to **you**, active duty service members; your families; retired service members and all eligible beneficiaries, our sincerest commitment that you will receive the highest quality of care during this exciting evolution. We take full accountability for our decisions and actions and will meet our responsibilities to you with integrity and honor.

During the realignment and construction process, we will strive to minimize the inconvenience to our beneficiaries as they access healthcare services. There will be changes in the locations of delivery of specific services as the building plans unfold and the BRAC Plan progresses, but at no time throughout the construction phases of this enormous undertaking will the quality of patient care be diminished. It will be challenging, but we will continue our most important mission... **excellent patient care.**



The planning, formation and architectural design of the Walter Reed National Military Medical Center are well under way. Once complete, the facility at Bethesda will be the first of its kind — a world-class, state-of-the-art healthcare center. It will deliver the highest quality of medical care, provide the best in graduate medical training, collaborate on unique military medical research needs and serve as a worldwide military referral and coordination center.

"This is an 'artist's conception' of the initial renovation and construction of the Walter Reed National Military Medical Center as it is currently proposed - and subject to revision based on the outcome of the EIS and the contracting of a construction agent."

What's New?

New Integrated Clinic Chiefs

National Naval Medical Center and Walter Reed Army Medical Center announced integrated clinic chiefs for the Dermatology and Pathology Departments. Army Col. Stephen Krivda will lead Dermatology and Army Col. Thomas Baker will lead Pathology Department. Krivda and Baker were recommended from a number of candidates.

The selection committee who presided over the both tri-service selection processes included members from Bethesda, Walter Reed, Malcolm Grow Medical Center at Andrews Air Force Base, the Uniformed Services University of the Health Sciences and Graduate Medical Education.

Accredited Success

The Accreditation Council for Graduate Medical Education evaluated National Naval Medical Center's and Walter Reed Army Medical Center's integrated orthopedic surgical residency program and rewarded it with high praise. The outstanding remarks will allow the hospitals to continue training doctors in orthopedic specialties. The council reviews the medical centers' residency programs to make sure they

are within regulations and in compliance with the standards.

Renovated Pharmacy

The National Naval Medical Center completed a \$540,000 renovation its inpatient pharmacy. The upgrades allow pharmacists to increase the quantity, quality and efficiency of producing medications for inpatients. Bethesda's pharmacy added automated refills, more storage capacity and a clean room. The pharmacy's new automation system will increase the number of medications the pharmacy can produce and eliminate human error. The system also allows for paper-free prescriptions, meaning paperwork won't get lost or a prescription won't be misread. The renovation expedites medications to injured troops on the 5 East Surgical Ward.

New Lab System

The National Naval Medical Center's Laboratory completed the incorporation of a state-of-the-art pneumatic tube delivery system that allows technicians from various stations throughout the command to deliver and receive lab samples without leaving their clinics.

The system works much like a bank's drive-thru teller machine. A technician can place a specimen and the proper paperwork in the transport tube, push the button and, seconds later, have it arrive at its destination. The National Naval Medical Center's laboratory processes approximately 1,400 transactions per month and the new system saves nearly 100 man-hours per month.

Emergency Mobile Shelters

The National Naval Medical Center, National Institutes of Health and Suburban Hospital acquired new mobile emergency response shelters. The mobile shelters are inflatable structures that can house 25 beds and be set-up in one hour. The shelters can be used to treat patients prior to them entering the hospital or can be deployed as an infectious ward. The three facilities bought the equipment collaboratively.

New Human Resources Office

The National Naval Medical Center established a centralized human resources department to streamline Bethesda's employee protocols and hiring processes. The new department combines each command directorate's administration officer, putting those functions and responsibilities under one umbrella. The new human resources department allows departments to fill job positions in a more timely and efficient manner, and increases continuity, communication and service. Now, employees are hired two months sooner than before.





Wounded Warrior Care



Others can send mail to your patient by addressing parcels to:

PATIENTS NAME and RANK

**National Naval Medical Center
8901 Rockville Pike
Bethesda, Md. 20889**

At the National Naval Medical Center, our wounded heroes are in the trusted hands of an expert medical staff. They and their families are treated with a caring, warm and sincere human touch. They deserve nothing less.

Families are an important part of the care process here at National Naval Medical Center. A family support group for family members of Operation Iraqi Freedom (OIF) patients is held every Monday from noon to 1 p.m. in Bldg. 10 in the 7 West Conference room. For more information, call (301) 295-2450.

The Marine Corps Liaison Office and the Casualty Affairs Office work together to make sure our wounded heroes and their families receive helpful information and resources during their loved one's recovery process.

To reach to Marine Corps Liaison Office, call (301) 295-6111.

To reach the Casualty Affairs Office, call (301) 319-6805.



Our Priority

Family-Centered Care

The services offered at NNMC are specially designed to promote “Family-Centered Care,” an approach to the planning, delivery and evaluation of health care to encourage partnerships among our providers, patients and their families. Respect, empowerment, choices and flexibility embody the concept of Family-Centered Care. At NNMC, we recognize emotional and social supports are integral components of quality health care, whether dealing with the birth of a child or any health care issue. The Family-Centered Care practiced at NNMC leads to better health outcomes and greater patient, family and staff satisfaction.

Customer Service

NNMC is known for excellent customer service, having received numerous awards in this area from the Defense Department. It's our constant goal to:

- Support customer advocacy and customer service issues.
- Constantly reaffirm the command's dedication to superior customer service.

Patients choosing NNMC for care expect not only clinical excellence, but also personalized customer attention, and they receive it. Our current Customer Service Program includes command-wide customer service training and a customer advocate at each clinic to serve as a liaison between patients, the hospital staff and administration. The customer advocate is the first point of contact for concerns or comments regarding health care at NNMC. The friendly staff at the Customer Service Desk and clinic windows will either answer your questions and concerns directly or will refer you to a staff member who can better help you.

Ethics Committee

Patient care sometimes leads to complicated situations involving quality of life issues and difficult life-and-death decisions. NNMC's Ethics Committee identifies these issues and facili-

tates open communication among those involved in patient care. NNMC maximizes each patient's care by including family members, attending or consulting physicians, nurses, or other members of the patient's health care team. Anyone directly involved in the care of a patient can request an Ethics Consult. An Ethics Committee member is available 24 hours a day, seven days a week. To receive individual consultation, call (800) 759-8888. The Ethics pager PIN number is 1635190. The Ethics Committee also periodically invites all interested patients and staff to roundtable discussions, where real-life, anonymous case studies are used for discussion purposes. To learn about the agenda for current roundtable discussions, visit the Ethics Consultation Program on the NNMC Web site at www.bethesda.med.navy.mil.

Executive Health Care for Our Nation's Leaders

NNMC's Executive Health Care Clinic brings world-class medical care to the nation's leaders, ensuring availability, flexibility, security, and confidentiality at all times. These leaders include the U.S. President, the U.S. Vice President, members of the U.S. Congress, U.S. Supreme Court Justices, and Flag and General Officers. NNMC's Executive Health Care Department also provides care for other authorized government officials, beneficiaries, foreign military and embassy personnel who the Navy Secretary and Defense Secretary designates.

The Clinical Investigations Department

The GEAR Center promotes excellence in health care and militarily relevant research and human subject protection. The GEAR Center focuses on:

- Support for investigators offering consultation





Patients are our Priority



and education in literature search, research design and statistics, as well as offering financial support for beginning investigators.

- Protection of human

research subjects through its support of the Scientific Review Panel and the Institutional Review Board.

Healthcare Mediator

The Healthcare Mediator Program is designed to resolve complex health care disputes, issues or concerns at the lowest level and earliest opportunity - ensuring a fair resolution process for all involved parties. The emphasis of the program is "doing the right thing" when there are unanticipated adverse outcomes of care. The Healthcare Mediator promotes an environment of transparency where unexpected results of care, treatment and services are openly and honestly disclosed, where system vulnerabilities are recognized and a commitment is made to process improvements. The Healthcare Mediator is involved with patients and providers at the time of service delivery with typical interventions surrounding documented or perceived medical errors, unanticipated outcomes, sentinel events, expected or unexpected deaths, dissatisfied with treatment outcomes or quality of care received. Early intervention is critical in the achievement of meaningful resolutions. This service is available to all beneficiaries.

Military Family and USNS Comfort Ombudsman

NNMC's Military Family Ombudsman and USNS Comfort Ombudsman provide information, resources and support for all active duty service members and their families, including the spouses and children of active duty members, their parents and siblings. Ombudsmen will always keep all problems, issues, concerns and resolutions in the strictest confidence. You may contact an Ombudsman seven days a week, between 7 a.m. and 9 p.m., by calling the Command Duty Office at (301) 295-4611.



C.W. Bill Young DoD Marrow Donor Program

Each year over 30,000 Americans are diagnosed with a disease for which a bone marrow or cord blood stem cell transplant is the only possible cure. Although the registry now contains over 5 million potential donors, there are still many patients who are not able to find a lifesaving match. The National Marrow Donor Program and the C.W. Bill Young DoD Marrow Donor Program are continually working to register new donors, in the hope that one day everyone afflicted with these diseases will be able to find a match. All active-duty personnel, civil service employees and family members age 18 to 60 years old can donate. Not everybody gets called back, but the more people who register the more likely there will be match. To register as a donor in the National Capital Area, civilians should contact National Institutes of Health Marrow Donor Center at (301) 496-0572. Active duty military should contact the C.W. Bill Young Marrow Donor Center at (800) MARROW3.

All About TRICARE

For a complete Tricare reference, visit www.tricare.osd.mil or call (877) TRICARE.

Tricare is the health benefit for all seven uniformed services: Army, Navy, Marine Corps, Air Force, Coast Guard, Public Health Service, and National Oceanic and Atmospheric Administration. Tricare offers a choice of three health care options:

- Tricare Prime
- Tricare Extra
- Tricare Standard

Eligibility

Tricare-eligible persons include active duty and retired service members, their spouses, unmarried children and survivors. To use Tricare, you must be listed in DEERS as being eligible for military health care benefits. To determine your eligibility, call the Defense Enrollment Eligibility Reporting System (DEERS) at (800) 538-9552.

Tricare Prime

Tricare Prime is a voluntary health maintenance organization (HMO)-type option. Active duty service members and their dependents have no enrollment fee. Retirees pay an annual enrollment fee and enroll for one year at a time. You should contact one of the information sources mentioned in the Information section for more details on Tricare Prime, and to find out if this option is right for you. Note: Active duty service members are required to enroll in Tricare Prime.

Tricare Prime at NNMC

Choosing to enroll in Tricare Prime at NNMC guarantees certain benefits, including:

- Timely access to care
- First priority treatment
- Tricare Prime coverage away from home
- Regular preventive medical services such as eye exams, immunizations, hearing tests, nutrition counseling, mammograms, PAP and prostate exams
- A Primary Care Manager (PCM) who coordinates your health care, maintains individual records and makes referrals to specialists
- Privileges at the NNMC Wellness Center, offering services such as stress management, nutritional education and physical fitness
- School and sports physicals (for Prime patients enrolled in NNMC's Pediatric and Adolescent Medicine

Clinics).

- Ability to make all your Primary Care appointments online with Tricare Online.
- Access to convenient appointment scheduling via the NNMC Patient Appointment Call Center.

NNMC's Primary Care clinics are:

- Internal Medicine Blue Clinic
- Internal Medicine Gold Clinic
- Pediatric and Adolescent Medicine

Tricare Extra

You do not have to enroll or pay an annual fee to participate in Tricare Extra. You do, however, have to satisfy an annual deductible for outpatient care, just as you do under Tricare Standard. In the Tricare Extra program, you receive discounts on cost sharing when you use a Tricare Extra network provider. You do not have to file your own claims, and may use Tricare Extra on a case-by-case basis just by using the network provider. Tricare Extra is not available overseas. Refer to the Information section to find out how to get details on deductibles and cost sharing through Tricare.

Tricare Standard

Tricare Standard is what was once called the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS). Tricare Standard shares most of the costs of care from civilian hospitals and doctors when you don't get care through a uniformed services hospital or clinic. But there are certain important things you need to know about Tricare Standard before using it, such as the fact that it is not free, it does not cover all health care, it pays for only medically necessary health care and your provider must be certified by the regional contractor as an authorized provider of care.

Pharmacy Benefits

Tricare beneficiaries have three options for filling prescriptions:

- A military treatment facility
- A Tricare retail network pharmacy
- The Tricare Mail Order Pharmacy (TMOP)

Tricare for Life (over 65)

Tricare for Life (TFL) is an enhanced health care benefit for Medicare-eligible uniformed services beneficiaries, their eligible family members and survivors. Some key features of



TFL are: you must be enrolled in Medicare Part B, Tricare pays second to Medicare and you will incur no monthly premiums (except for Medicare Part B). For additional information call (888) DOD-LIFE, or visit www.tricare.osd.mil.

Tricare Plus is a health care program for selected seniors and other eligible beneficiaries that provide access to Primary Care Managers at participating Military Treatment Facilities (MTFs). Availability of the program is based on the space and resources in individual MTFs, and is at the discretion of the MTF Commander. NNMC is proud to be a participating Tricare Plus MTF. The Tricare Plus Program at NNMC features the same high access standards as for primary care: Urgent and Acute Care appointments within 24 hours, and routine care appointments within 7 days. Furthermore, Tricare Plus patients are provided specialty care on a space-available basis within the Military Health System. Tricare Senior Pharmacy Benefit provides Medicare-eligible retirees of the uniformed services, their family members and survivors the same pharmacy benefit as retirees who are under age 65. It includes access to prescription drugs not only at military treatment facilities, but also at retail pharmacies and through the Tricare Mail Order Pharmacy program. Contact the Tricare information specialists referred to in the Information section for detailed information on eligibility.

Tricare Online at NNMC (TOL)

www.tricareonline.com

An innovative and easy-to-use service that gives you access to your Primary Care Manager's appointment schedule 24 hours a day from your home or office computer. If you are a Tricare Prime or Tricare Plus beneficiary, you can make all of your routine, primary care appointments at NNMC at www.tricareonline.com.

Tricare Information Sources

NNMC's Health Benefit Advisors (HBAs) provide information about Tricare and other health care options. Visit an HBA at the Customer Service Center for specific information about enrollment in Tricare Prime at NNMC and to receive an enrollment packet with complete instructions.

To enroll in Tricare Prime at NNMC, visit the Tricare Service Center located in Bldg. 9 on the 1st floor. You can also obtain an Enrollment Form by calling HealthNet at (877) TRICARE or visiting HealthNet's Web site at www.healthnetfederalservices.com.

The Tricare Service Center (TSC) at NNMC provides "walk-in service" to all Tricare beneficiaries. The TSC provides benefits information, handles claims and authorizations issues, answers questions, addresses enrollment inquiries and

distributes wellness books to Tricare Prime beneficiaries. Hours of Operation are Monday thru Friday from 7:30 a.m. to 4:30 p.m.

Tricare Related Web sites

- www.tricare.osd.mil (miscellaneous Tricare information)
- www.healthnetfederalservices.com (enrollment and other information)
- www.mytricare.com (personal claims information)

Remember...

Periodically update your DEERS (Defense Enrollment Eligibility Reporting System) information by calling toll free at: (877) TRICARE.

APPOINTMENTS: Call or Click

There are two equally simple ways to make your appointment at NNMC.

Call Center
Local (301) 295-NAVY (6289)
Toll-free (866) NAVY-MED (628-9633)
Hours: 6 a.m. to 6 p.m.

TRICARE ONLINE SERVICES

If you are a TRICARE Prime beneficiary, you may make and cancel appointments with your Primary Care Manager (PCM) on TRICARE online:

Visit <https://www.tricareonline.com>



Register each family member
You can now

- Find a provider
- Create your own health record
- Learn medical information

NNMC Organization

We are organized along Service Lines. Our organizational style gives staff a direct line to the Board of Directors and the opportunity to organize in ways that are practical and efficient. We have a streamlined organization, where staff input and initiative is recognized and appreciated. Direct lines between Primary Care Managers and other specialties mean greater convenience and ease of specialty referral. We are also in the process of integrating our departments with those of Walter Reed Army Medical Center.

COMMAND DIRECTORATE:

- Commander
- Deputy Commander
- Command Master Chief
- Career Development
- Ombudsman
- Drug and Alcohol Program Advisor (DAPA)
- Command Suite (EA)
- Commander's Directorate
- Quality Management
- Joint Commission
- HIPAA Compliance
- Patient Safety
- LSS/PI Coordinator
- Credentials
- Customer Advocacy
- Special Assistants
- American Red Cross
- Casualty Affairs
- Command Evaluation
- Communications/Strategic Marketing
- Equal Opportunity
- Executive Healthcare
- Executive & Legislative affairs
- Fleet & Family Support Office
- Healthcare Mediation
- Navy and Marine Corp Relief Society
- Organizational Development
- Pastoral Care
- Public Affairs
- Legal
- Secretariat
- Awards
- Correspondence
- Fitreps/Evals

BOARD OF DIRECTORS:

- Chief of Clinical Staff
- Civilian Staff Representative
- Director for Administration
- Director for Clinical Support Services
- Director for Commander's Directorate
- Director for Dental Services
- Director for Health Care Business (Operations)
- Director for Professional Education
- Director for Medical Services
- Director for Nursing Services
- Director for Primary Care & Branch Clinics
- Director for Professional

- Education
- Director for Public Health Services
- Director for Resources Management
- Director for Surgical Services

ADMINISTRATION

- Base Ops/Medical Installations
- BQ Management
- Operations Management
- Quarterdeck
- Fire Protection
- Security
- Patient Administration
- Military Patient Personnel Administration
- Admissions/Discharge
- Ambulatory Care
- Information Management
- Information Tech
- Human Resources
- Manpower Management
- POMI/Operational Readiness (YP)
- Materials Management
- Contracting Division
- Equipment Division
- Central Material Service Division
- Combined Food Operations

CLINICAL SUPPORT SERVICES

- Breast Care Department
- DoD Military Blood Program
- Navy Central HIV Department
- Clinical Nutrition Department
- Radiology Department
- Nuclear Medicine
- Radiological Procedures
- Radiological Oncology
- Cross Sectional Imaging
- Radiological Physics
- Pharmacy Department
- Inpatient Pharmacy
- Laboratory Department
- Anatomical Pathology
- Physical Therapy Department
- Chiropractic
- Occupational Therapy

DENTAL SERVICES

- Dental Specialties Department
- General Dentistry Department

HEALTH CARE BUSINESS (OPERATIONS)

- Tricare Operations Department

- Utilization Management Department

MEDICAL SERVICES

- Cardiology
- Gastroenterology
- Neurology
- Social Work
- Optometry
- Emergency
- Internal Medicine
- Endocrinology
- Allergy
- Rheumatology
- Nephrology
- Infectious Disease
- Dermatology
- Hematology & Oncology
- Pulmonary
- Respiratory
- Sleep Lab
- Pediatrics
- Neonatal
- Hematology & Oncology
- Rheumatology
- Neurology
- Endocrinology
- Gastroenterology
- Infectious Diseases
- Pulmonary
- Genetics
- Development
- Cardiology
- Nephrology

MENTAL HEALTH

- Psychology
- Psychiatry
- Child Psychiatry
- Substance Abuse
- Licensed Clinical Social Work

NURSING SERVICES

- Critical Care
- Medical Inpatient
- Surgical Inpatient (5E)
- Multi Service IP (3W)
- Maternal, Child, Infant
- NICU
- Mental Health IP (7W)

PRIMARY CARE AND BRANCH CLINICS

- Deployment Health Assessment/Individual Medical Readiness
- Branch Health Clinics

- Fort Meade
- Washington Navy Yard
- Sugar Grove
- NAF Andrews
- Naval Research Laboratory
- Mechanicsburg
- Arlington Annex
- Carderock
- Dahlgren
- Earle
- Indian Head
- Pentagon Tri-Service
- Lakehurst Naval
- Willow Grove
- Philadelphia (PNBC)

PROFESSIONAL EDUCATION

- Education and Training
- GME Support
- Naval Postgraduate Dental School
- Clinical Investigations
- Graduate Dental Education

PUBLIC HEALTH SERVICES

- Occupational Medicine
- Hearing Conservation
- Health Promotions
- Preventive Medicine

RESOURCES MANAGEMENT

- MEPRS
- Financial MGT
- Third Party Collection
- Budgeting

SURGICAL SERVICES

- OB/GYN
- Oral Maxillofacial Surgery
- General Surgery
- ENT
- Audiology
- Speech Language Pathology
- Anesthesiology
- Pain Clinic
- Neurosurgery
- Cardio/Thoracic
- Ambulatory Procedures Unit
- Post Anesthesia Care Unit
- Plastic Reconstructive Surgery
- Operating Room
- Central Sterile Supply
- Orthopedics & Rehabilitation
- Podiatry
- Urology
- Ophthalmology



Patient Services

Adolescent Medicine

The Adolescent Medicine Clinic provides primary and specialty care in preventive health services, health promotion, illness and injury diagnosis and treatment, adolescent gynecology, sports physicals and psychosocial support for teens and young adults ages 12 to 23 years.



Allergy and Immunology

Allergy and Immunology provides comprehensive diagnosis and management of allergy-related conditions for patients of all ages. To be seen by an allergist, a consult (referral) from your Primary Care Manager is required. Services include:

- Allergy skin testing for foods, environment, and bee and fire ant stings
- Immunotherapy (allergy shots)
- Pulmonary function testing
- Bronchodilator and nebulization treatments
- Food, drug, and exercise challenges

Ambulatory Procedure Unit

The Ambulatory Procedure Unit (APU) handles preoperative screenings, medication infusions, and second-stage postoperative recovery. APU staff obtains laboratory specimens, performs electrocardiograms, screens patients for anesthesia assessments, and provides pre and postoperative patient education. On the day of surgery, the APU provides hospital access to those patients scheduled for ambulatory procedures. The APU offers an onsite pharmacy so patients can pick up medications after their surgery. APU can also

provide overnight observation to patients who require airway and pain management after surgery.

Ambulatory Surgery Center

Rapid advances in surgical technology and pain management have opened the door to Ambulatory Surgery Centers (ASC). Recovery is usually shorter and closely supervised by skilled post-operative medical staff. Our ASC supports seven surgical specialties incorporating both surgical and ambulatory procedure visits. Recoveries occur in the Post Anesthesia Care Unit (PACU) or in Phase II recovery of the short stay unit (APU). Patients arrive on the day of surgery. Hospital admission is not required.

Anesthesia

Uppermost in the minds of most patients facing a hospital procedure is a safe and comfortable experience. NNMC's highly qualified anesthesia specialists provide anesthesia services and critical care management to patients undergoing surgical and obstetric procedures. This involves using general or regional anesthesia, along with careful patient monitoring during the procedure and post-operation pain control.

Armed Forces Center for Child Protection

The mission of the Armed Forces Center for Child Protection (AFCCP) is to provide objective child treatment expertise when and where it is needed throughout the Defense Department. Services include forensic interviews and medical examinations of children suspected to have been abused, medical and legal case review, guidance, expert testimony and child treatment education. The AFCCP trains multi-disciplinary professionals who may come in contact with child abuse cases. Trainees include health care providers, mental health professionals, family advocacy personnel, criminal investigators, military attorneys, dentists, chaplains, teachers, and professional day care providers.

Armed Services Blood Bank Center

The Armed Services Blood Bank Center is a tri-service operation that collects, manufactures and distributes blood products (red blood cells, fresh frozen plasma, cryoprecipitate and platelet products). In addition to supplying local Medical Treatment Facilities (NNMC, WRAMC, Malcolm Grow) blood products are shipped in support of military operations throughout the world. The Armed Services Blood Bank Center is licensed by the Food and Drug Administration (FDA) and is accredited by the American Association of Blood Banks (AABB) and the College of American Pathologists (CAP).

You Can Help by Donating Platelets!

Help save a life by giving your gift of life. Please support our nation's dedicated military family by donating platelets. You will be helping patients undergoing an organ transplant or who have been diagnosed with cancer, leukemia or a blood disorder such as aplastic anemia.

How will platelets help?

During chemotherapy and radiation, many times both cancer and healthy cells are destroyed. Blood and platelet transfusions prevent hemorrhaging in these patients or help them to fight infection. Several donors may be necessary to support one patient!

What is the process?

The process of platelet donation is called Aphaeresis. An Aphaeresis donation allows collection of platelets, plasma and white blood cells. Blood is drawn from the donor's arm and sent through sterile tubing into a centrifuge in a cell-separator machine. During this two hour process, platelets are separated and the other blood cells are returned to the donor.

Why is the need so urgent now?

Recent military obligations and vaccinations have significantly depleted our platelet donor pool. Since platelets are good for only 5 days, we urgently need a pool of reliable and repeat platelet donors to replenish and maintain our supply.

Who will benefit from my platelet donation?

Platelets collected will be used in military hospitals in the National Capital Area for sick active duty members of all branches, their families and retirees.

Who can donate?

Eligible donors have to be healthy individuals who weigh a minimum of 110 pounds. Other factors may be considered for eligibility.

If you are interested in donating platelets, please call the blood bank for more information at (301) 295-1737.



Behavioral Health Care

Adult Behavioral Health focuses on interventions that result in functional improvement in patients' lives. Services include emergencies, urgent care and "walk-ins."

Individual and Family Treatment

- Assessment of psychiatric emergencies, urgent care and routine evaluations
- Psychological testing on site or by consultation
- Neuropsychological testing and evaluation
- Individual, group and family psychotherapy
- Medication treatment for substance abuse and mental disorders
- Patient and family education

Support for Active Duty Personnel

- Fitness-for-Duty evaluations
- Temporary Disability Retired List (TDRL) and Medical Board Evaluations
- Other military specific evaluations, including suitability for military service, submarine screening, etc.
- Family and couples therapy
- Group psychotherapy and workshops such as depression, anxiety, anger and stress management

NNMC also offers a Perinatal Loss Support Group that provides support to families who are grieving the loss of a baby through miscarriage, stillbirth or newborn death.

Breast Care Center

In collaboration with the National Cancer Institute and the Uniformed Services University of the Health Sciences, the National Capital Area Breast Care Center at NNMC is a Center of Excellence in breast cancer research. The center focuses on incorporating superior methods of early detection comprehensive treatment and long-term surveillance of breast cancer. Our multidisciplinary staff is dedicated to providing you and your family with a network of skilled profes-



sional support groups, social workers and information services to ensure the best possible physical and psychological rehabilitation. The Breast Care Center also provides:

- Detection and follow-up screening
- High-risk assessment classes
- Pre- and post-operative care
- Case management
- Educational resources
- Physical therapy

The Breast Imaging Center (BIC), formerly known as Mammography, allows self-referrals for annual mammography screening. Same-day imaging services are provided for Breast Care Center patients. Like the Breast Care Center, a goal of the BIC is to provide state-of-the-art patient care using advanced technology and today's latest digital equipment, breast ultrasound and stereo tactic biopsy. As such, the BIC uses new daylight processing machines that speed the completion of mammograms, meaning technicians no longer need to use a darkroom to develop X-rays.

Cardiothoracic Surgery

Board-certified cardiothoracic surgeons perform state-of-the-art adult cardiac surgical procedures, including coronary artery bypass grafting, valve repair and replacement, surgery to correct atrial fibrillation and arrhythmia, aortic aneurysm repair, and adult congenital cardiac defect repair. Surgeons also perform a full range of thoracic surgical procedures, including minimally invasive, which include surgery for lung cancer, esophageal cancer, mediastinal tumors, benign diseases of the lung and esophagus, correction of chest wall deformities, and sympathectomy for hyperhidrosis.

Cardiology

Our Cardiology Services offer comprehensive and specialized procedures in both inpatient and outpatient settings, including assessments, diagnoses, treatment plans and evaluations. Interventional cardiologists treat blockages in the heart and peripheral blood vessels when surgery is not necessary. They perform state-of-the-art interventions, such as cardiac catheterization (used for diagnosing heart conditions, including coronary artery disease and defective heart valves); balloon angioplasty (dilation of narrowed vessels); implantation of stents (mesh used to support the dilated vessel from within); stents coated with drugs or plastic sheets; directional atherectomy and rotablation (using drills and cutting devices to open complex and calcified lesions) and catheter based repair of atrial septal defects (holes in the heart). Cardiac electrophysiologists provided catheter based treatment of cardiac arrhythmias and implantation of pacing and defibrillation (shocking) devices to regulate cardiac rhythms.

The Cardiology service line offers both inpatient and outpatient services.

All patients receive assessment, diagnosis, planning, intervention and evaluation of their individual needs. Each clinic offers standard and specialized procedures within its own service. Patients receiving outpatient procedures are seen by appointment or by referral. Services offered include:

- Non-Invasive Testing
- Cardiac Catheterization
- Cardiac Electrophysiology Studies
- Cardiothoracic Surgery
- Cardiac Intensive Care
- Medical-Surgical Intensive Care
- Cardiac Rehabilitation

Child and Adolescent Behavioral Health Department

This department offers outpatient therapy for children, adolescents and their families. NNMC provides the only adolescent inpatient unit and Residential Treatment Program in the entire military, serving adolescents between ages 12 and 18 who have at least one of the following conditions:

- Preoccupation with suicide
- Uncontrollable aggressive behavior
- Acute psychotic symptoms

Chiropractic Department

The Chiropractic Department addresses problems that are neuro-musculoskeletal in nature (dealing with nerves, muscles and bones). This clinic focuses on neck, mid-back and low-back pain. Treatments consist of adjustments (manipulation of joints or soft tissue); physio-therapeutics (use of ultrasound, electrical stimulation, heat and ice); counseling on ergonomics; and education in exercise. Treatment from chiropractics requires a referral from your primary care manager or, in the case of pregnancy and those under 18, a referral from Obstetrics or Pediatric and Adolescent Medicine.

Clinical Nutrition

The Clinical Nutrition Department works closely with the interdisciplinary health care team to provide nutrition services and medical nutrition therapy (MNT). The Clinical Nutrition Department staff works cooperatively with Combined Food Operations staff to assure conformance to diet prescriptions during the patients stay at NNMC. In the outpatient setting, clinical dietitian staff provides nutrition counseling to individuals and groups with diabetes, complicated obstetrics, complex gastrointestinal problems, oncology and other complex dietary therapy needs. The Clinical Nutrition Department works collaboratively with NNMC

Health Promotion nutrition staff to address group and individual diet counseling for weight management, hypertension and cardiac related diet needs. Appointments for outpatient medical nutrition therapy services require a provider consult. Questions concerning Clinical Nutrition services call (301) 295-4065.

Cochlear Implants

NNMC is offering the services of a cochlear implant program for patients who meet a specific criterion. This device is the result of groundbreaking research through the application of sophisticated technology and allows deaf patients to perceive sound. Please make an appointment at NNMC's Otolaryngology Department for a referral.

Colon Health Initiative

Colorectal Cancer is the second leading cause of cancer related deaths in this country. Most colorectal cancer develops from polyps that grow in the colon over time. If polyps are detected and removed, the risk of developing colorectal cancer is greatly reduced.

At NNMC, eligible patients can be screened in two ways:

- Virtual Colonoscopy, a new procedure, is a CT Scan of the abdomen and is done in the Radiology Department. A small rectal tube is inserted into the rectum and the colon is distended with air. The images obtained are downloaded into a computer system and the radiologist can look inside the colon to detect polyps. This procedure can also look at the other abdominal organs and can possibly detect other abnormalities. It is estimated that approximately 20 percent of patients will have a polyp. If polyps are detected, you may have an Optical Colonoscopy the same day or make an appointment at your convenience. The procedure itself takes approximately 30 minutes. The results take an additional hour if you wish to wait.

- Optical Colonoscopy is also available and done with an endoscope that is inserted in the rectum and examines the large intestine. If polyps are found, they can be removed at that time. Sedation is given through an IV and someone must be with you to drive you home after the procedure. The length of time is approximately three hours.

You can self-refer to the Colon Health Initiative by calling (301) 319-8284 to speak with a nurse who will answer your questions to determine if you meet the screening criteria. You can also come by the radiology desk and ask to



speak to a Virtual Colonoscopy nurse or drop off the completed questionnaire at the front desk of the gastroenterology clinic.

Dentistry (General)

General Dentistry offers appointments for annual T-2 examinations and cleanings at the same visit. You may also make an appointment for your annual T-2 examination without a cleaning. Patients who wish to be examined for a chief complaint may also make an appointment. Walk-in examinations are still possible and every effort will be made to see you in a timely manner. Patients in need of immediate attention will be seen on a walk-in basis as quickly as possible.

Dermatology

Board-certified dermatologists, dermatopathologists and residents provide comprehensive health care to patients of all ages with skin-related conditions, including skin cancer diagnosis and treatment, dermatopathology and ultraviolet phototherapy. Dermatology also performs MOHS Surgery, a unique surgical procedure for excising skin cancers, which has the highest cure rate for non-melanoma skin cancers. NNMC's MOHS surgeons are fellowship trained and members of the American College of MOHS Micrographic Surgery and Cutaneous Surgery. To be seen by a dermatologist, a referral from your Tricare Primary Care Manager is required. Inpatient care is provided on a consultative basis.



Diabetes Care Center

Our goal is to improve the health and quality of life of high risk diabetic patients. The Diabetes Care Center includes diabetes education, a foot care clinic and a diabetes support group. Referrals are required from Primary Care Managers or other providers.

Educational and Developmental Intervention Services (EDIS)

EDIS serves families whose eligible children have developmental and educational needs, from birth to 35 months of age. Pediatric specialists address the cognitive, communication, social, emotional and adaptive developmental delays and medical conditions that have a high probability of delay.

Specialists provide:

- Neuro-developmental assessment of high-risk children
- Special education assessment and direct services
- Assessment and physical therapy
- Assessment and occupational therapy
- Speech & Language assessment and treatment
- Social Worker assessment and intervention

Early interventionist team partners with family members to develop an individualized family service plan, implementing the plan in accordance with the child's specific needs. Together with families, EDIS strives to foster and optimize the development of children with special needs. EDIS personnel staff the Early Intervention Program at Quantico Marine Corps Base and Naval Surface Warfare Center Dahlgren, as well as NNMC.

Emergency Medicine Department

NNMC's Emergency Medicine (EM) Department offers world-class emergency care 24 hours a day, 365 days a year. The Emergency Medicine staff is composed of Navy and civilian physicians, nurses, and technicians - including NNMC-trained Navy residents, interns, and board-certified Emergency Medicine specialists affiliated with George Washington University. As members of a military treatment facility, NNMC's Emergency Medicine staff is also trained in disaster preparedness and mass casualty response.

Endocrinology

Endocrinology is the science of the hormones produced by the various endocrine glands of the body, such as the thyroid, adrenal and pituitary glands. The Endocrinology Clinic provides comprehensive care to adults who are re-

ferred from their primary care provider because they require diagnosis and management of hormonal disorders. Some conditions include hypothyroidism, hyperthyroidism, thyroid nodules and thyroid cancer, hypercholesterolemia, diabetes mellitus, hypogonadism and adrenal insufficiency. The endocrinologist also specializes in metabolic bone disorders like osteoporosis.

Services include:

- Advanced metabolic testing
- Bone densitometry scans to evaluate for osteoporosis
- Fine needle biopsy of thyroid nodules
- Continuous glucose monitoring for complicated cases of diabetes
- Evaluation and management of severe nutritional disorders

Exceptional Family Member Program

The Exceptional Family Member program is a mandatory program designed to identify family members with long-term health care or special education needs.

Gastroenterology

The Gastroenterology Clinic provides comprehensive care to adult patients requiring diagnostic and therapeutic treatment for gastrointestinal conditions. Your primary care doctor can treat most common GI ailments. In cases of recurring or more serious problems, however, you may be referred to a gastroenterologist. GI provides colorectal screenings, flexible sigmoidoscopies and colonoscopies for the following disorders:

- Gastro-esophageal Reflux Disease (GERD)
- Bowel diseases such as Inflammatory Bowel Disease (IBD)
- Chronic abdominal pain or constipation
- Colorectal and other gastro-intestinal cancers
- Food intolerances
- Gallstones
- Liver diseases
- Ulcers

General Surgery

General Surgery evaluates and treats a broad range of disorders requiring surgery. Our staff surgeons are board certified - many in more than one specialty. NNMC provides the following general surgery sub-specialties:

- Colorectal
- Pediatrics
- Vascular trauma and critical care
- Oncology
- Advanced Laparoscopy

When to Use the Emergency Room

You need emergency medical treatment when you have a sudden, unexpected medical condition or the worsening of a condition that poses a threat to life, limb, or sight. If you believe an injury or illness is life threatening or if you experience any of the following symptoms, call 9-1-1 or immediately go to the nearest emergency department:

- Bleeding that won't stop
- Vomiting or coughing blood, or passing black stools
- Severe pain in the chest, upper abdomen or down the arm
- Heart stops beating or pulse is very faint
- Difficulty breathing (or the presence of blue lips, face or nail beds)
- Severe headache (with nausea, vomiting, fever or dizziness)
- Consciousness is altered or affected
- Injuries from trauma (such as from a fall or automobile accident)
- Suicidal or homicidal feelings
- Extensive burns, especially where skin is white or charred
- Eye injuries (or acids or other strong solutions in the eye)
- Seizure or convulsion that does not stop
- Insect sting when the patient is known to have allergic reactions
- Suspected poisoning, numbness or paralysis in a part of the body

Geriatric Medicine

Geriatrics is the branch of medicine focusing on health promotion, disease and disability prevention, and treatment options in later life. Geriatricians diagnose, treat and manage diseases and conditions common to many older adults. They give particular attention to conditions of special concern, including falls, imbalance, incontinence, pre-operative assessment and post-operative management, cerebrovascular disease, dementia, memory loss, sensory impairment and other cognitive and mood changes that may occur with aging.

Health Promotions and Physical Fitness Assessment (PFA)

The Health Promotion Department provides resources to assist all beneficiaries in maintaining optimal health and

physical fitness. Programs offered to active duty, family members, retirees, reservists, DoD civilians, and contractors include: individual and classroom-based counseling for nutrition, fitness, tobacco cessation, weight management, hypertension reduction, cholesterol management, and stress and anger management. The department also includes the Physical Fitness Assessment and Fitness Enhancement Program (FEP) for active duty members.

Health Readiness Department

The Health Readiness Department oversees the Individual Medical Readiness (IMR) program designed to ensure service members assigned to National Naval Medical Center have completed annual medical readiness requirements during their birth month to maximize operational readiness. IMR consists of six essential components: dental readiness, immunization status, readiness laboratory studies, individual medical equipment, deployment-limiting conditions, and an annual Periodic Health Assessment (PHA). The goal of NNMC and its Branch Health Clinics is to maintain a minimum of 85 percent medical readiness for deployment. In addition to IMR, Health Readiness also provides medical screenings for overseas suitability, reenlistment, physical examination and deployment health.

Hearing Conservation

Hearing Conservation services address auditory readiness, audiometric fitness-for-duty and prevention of job-related hearing loss. Audiometric screening services and diagnostic audiology are provided for employees exposed to hazardous noise levels. Additional services include employee education, hearing conservation program management and oversight, audiometric technician training and certification, and professional mentoring. This department also fits and issues hearing protective devices.

Hematology and Oncology Services

NNMC's Hematology and Oncology Clinic, in conjunction with the National Cancer Institute (NCI), offers standard and research protocol treatment to active duty, retired and civilian patients. By working with the NCI, NNMC is able to offer more than the traditional options for treatment. They also have an onsite chemotherapy satellite pharmacy and a specialized onsite laboratory.

HIV Program

The Navy Central HIV Program is the central coordinating office for all HIV testing. A contract laboratory performs all testing off-site.

Immunization Clinic

Immunization Clinic provides customer-focused, walk-in



complete immunization service to pediatric and adult beneficiaries in the National Capital Area. The clinic is open Monday thru Friday from 8:30 a.m. to 4 p.m.

Industrial Hygiene

The Industrial Hygiene Program evaluates biological, chemical and physical hazards in the work place and provides consultation on matters of work place health. Industrial Hygiene ensures that staff providing care to patients work in a healthy environment.

Infection Prevention & Control Services

Infection Prevention & Control Service provides direction and oversight for the prevention and control of health care-associated infections among patients, visitors and staff.

Inpatient Medicine

Inpatient Medicine provides around-the-clock, high quality nursing care to Internal Medicine patients with complex medical problems. Advanced technologies are used to aid in healing wounds. The medical team also uses pro-active pain management plans to ensure patient comfort. Patients and families are assisted with discharge planning for post-hospitalization care ranging from home health care service or equipment to assist rehabilitation services.

International Travel Clinic

International Travel Clinic is available on a self-referral basis for patients who will be traveling overseas. This clinic sees travelers in family groups and reviews their itinerary to make recommendations for immunizations, malaria, diarrhea and other disease prevention. It's advisable to make appointments at least four weeks prior to travel since some immunizations and anti-malarials require weeks for administration. Patients are required to bring outpatient medical records and immunization records to all appointments.

Internal Medicine Clinic

The National Naval Medical Center's Internal Medicine health care providers are skilled professionals who diagnose and treat adult patients with a wide variety of health conditions from simple to highly complex. Internal Medicine is comprised of two clinics:

- Internal Medicine Blue Clinic (located near the Emergency Room and Immunizations)
- Internal Medicine Gold Clinic (formerly the Family Health Center).

The clinics are staffed by physicians specializing in internal medicine, geriatrics, family and operational medicine as well as Nurse Practitioners, Physician Assistants, a Behavioral Health Specialist, Independent Duty Corpsmen, Registered Nurses, Licensed Practical Nurses, and Hospital Corpsmen. Our treatment team ensures that patients receive the highest quality medical care.

Services of the Internal Medicine Clinics include:

- Comprehensive primary care
- Preventive health care and health maintenance
- Patient and family education
- Physical, cognitive and functional assessment and care of geriatric patients
- Diabetes care, education and case management
- Behavioral Health
- Refractory hypertension
- Consultative services and discharge planning
- Minor procedures
- Walk-in sick call for active duty only (Gold Clinic sick call available Monday thru Friday from 7 to 9 a.m.)

Laboratory Anatomic and Clinical Pathology

Board-certified and resident pathologists perform a wide variety of tests on blood and other body fluids collected in the operating rooms, wards and clinics to determine if cancer or other abnormalities are present. The laboratory reports regular culture results as well as run specialized tuberculosis, viral and immunological tests. In support of NNMC's cervical cancer screening program (pap smears), cytopathology uses liquid pap tests (ThinPrep) for patients seen at NNMC and other clinics that use laboratory services here. NNMC's laboratory examines bone marrow for the presence of leukemia and other diseases. The laboratory staff also participate in a pathology training program and has pathologists board certified in multiple subspecialties.

Laser Vision Center

A new era in corrective eye surgery - photorefractive keratectomy (PRK) surgical procedures and Intralase LASIK - is helping vision-impaired patients see clearly without the hassles of glasses or contact lenses. For PRK, a doctor sculpts the surface of the cornea with an Ultraviolet (cold) laser to

change the surface curvature of the cornea, resulting in a correction of the refractive error. For Intralase LASIK, a femtosecond laser creates a surgical flap on the front of the cornea. Then, the underlying surface of the cornea is sculpted with an Ultraviolet (cold) laser in order to change the surface curvature of the cornea, resulting in a correction of the refractive error. Priority is given to Sailors and Marines who work in extreme physical environments that preclude the safe use of eye glasses or contact lenses. An evaluation for eligibility may be requested by all active duty Navy and Marine Corps personnel. Eligibility will be determined by an ophthalmologist or optometrist. An eligible member's unit commander must endorse the request and determine the level of priority. Once a command-endorsed request is received, the NNMC Laser Vision Center staff will review requests for final determination of clinical appropriateness and priority.

Medical & Reproductive Genetics

NNMC is one of the first military medical facilities to offer genetic counseling services to families with a known history of genetic disorders or newly suspected genetic conditions, including pre-conception counseling, prenatal counseling and diagnostic testing. Genetics professionals interpret family and medical histories to assess the chance of disease occurrence or recurrence. Education is provided to families regarding inheritance of a particular condition, testing options and resources to enable individuals to make informed decisions regarding reproductive or management choices.

Mother & Infant Care Center and Couplet Care (MICC)

NNMC's MICC delivers more than 2,000 babies each year and is one of the largest birthing centers in the Defense Department medical system. The MICC embodies the most modern concepts in childbirth philosophy, technology and design. "Family-Centered Care" is integrated with advanced medical technology to ensure a safe, comfortable and individualized birth experience. Labor, delivery and recovery all take place in specially designed birthing rooms with warm, home-like environments, featuring private bathrooms, birthing beds, televisions, pullout sofas and telephones. Operating rooms with the latest medical equipment are conveniently located for Cesarean deliveries. After delivery, your family will stay in a special Couplet Care room, where a specially trained nurse cares for mother and baby.

MICC also offers:

- 24-hour visitation
- Priority-parking passes for new and expectant mothers
- Lactation (breast-feeding) consulting and education sessions
- Room service and "Special Delivery" meals for new moms

Neonatal Intensive Care Unit (NICU)

NNMC's Level III Neonatal Intensive Care Unit (NICU) provides the highest level of care for newborns at risk from the National Capital Area, as well as those transported from local hospitals and overseas locations. Some of the conditions that may cause a newborn to be referred to the NICU are premature birth, low birth weight, infection, respiratory



problems or birth defects. Staffed by physicians in neonatal medicine, including three board-certified neonatal specialists who apply the most advanced medical technologies available, the NICU offers around-the-clock intensive care for over 400 high-risk critically ill newborns each year.

Nephrology

Nephrology Service is a specialty clinic, evaluating and treating a full range of genitourinary system and kidney disorders. The clinic assumes primary responsibility for coordination and administration of medical care for adult patients (18 years of age and older). Expert and compassionate staff members provide initial evaluation and assist the patient to attain the optimal state of wellness by understanding and participating in care.

Neurology

Physicians with extensive expertise and experience in neurology use advanced diagnostic procedures and facilities to diagnose and treat adults with disorders of the nervous system (brain, spinal cord and peripheral nerves). Health care professionals in Neurology perform surgical and non-surgical solutions for a broad range of neurological disorders, including epilepsy, headaches, multiple sclerosis, strokes, sleep disorders, tumors and cerebrovascular conditions. Evaluation, treatment and follow-up often involve a close collaboration with other health care specialists.



Neurosurgery

The dedicated neurosurgeons at NNMC bring extensive expertise to the evaluation and treatment of nervous system disorders requiring surgery. We offer state-of-the-art neuro-endovascular treatment for intracranial aneurysms, arteriovenous malformations and stroke with specific emphasis on carotid artery disease. Neurosurgeons also focus on intracranial stenosis and emergent revascularization procedures. Additionally, we have the most experienced nationally known military neurovascular surgeon on staff, trained in interventional neuroradiology, cerebrovascular surgery and neurocritical care. Neurosurgery at NNMC has a distinguished history of significant and successful surgical accomplishments that utilize a team approach to solutions. Physicians' specialties may include neurologists, oncologists, speech pathologists, physical medicine, rehab specialists and psychiatrists. Areas of expertise include, but are not limited to:

- Cerebrovascular and stroke
- Tumors: brain, pituitary, acoustic and skull base tumors
- Spinal disorders
- Radiosurgery
- Epilepsy

Nutrition Management

Nutrition Management provides meals for inpatients, clinical nutrition care to inpatients and outpatients, and health education. Nutrition Management also offers individual nutrition counseling, therapeutic diets and classes for diabetes, and cholesterol and weight management. Counseling is available to those eligible for military medical care.

Obstetrics & Gynecology

NNMC is the Tri-Service Referral Hospital for obstetrics, high-risk pregnancies, and deliveries for the National Capital Region and national and international commands. Specialists in obstetrics and gynecology diagnose and treat both acute (short-term) and chronic (long-term) conditions. Prenatal (before birth) care is highly personalized to the individual patient's needs and includes a comprehensive childbirth and parenting education program. NNMC's obstetrics professionals use the newest technology and equipment, such as 4-dimensional ultrasound and video teleconferencing. Gynecologic surgeons have expertise in both traditional gynecologic surgery and minimally invasive procedures such as laparoscopy, endometrial ablation and hysteroscopic tubal occlusion. Other services provided by the Obstetrics & Gynecology clinic include:

- Maternal-fetal medicine consultation
- Contraceptive counseling
- Hormone Replacement Therapy
- Colposcopy

Occupational Health Clinic

The Occupational Health Clinic offers medical care to civilian staff for work related illness or injury and ensures health in the work environment by providing the following services:

- Pre-placement evaluations
- Medical surveillance and certification examinations
- Worksite visits
- Return-to-work evaluations
- Workers Comp/FECA program consultation

Occupational Safety

The Occupational Safety Program provides safety inspections for all NNMC workplace areas, thereby ensuring a safe workplace for employees, patients and visitors. Other safety programs include respiratory protection, mishap reporting and investigations, safety training, hazard abatement and ergonomics.

Occupational Therapy

Occupational Therapy (OT) professionals provide outpatient and inpatient services to individuals with orthopedic, neurological and physical disabilities. Occupational Therapy's goals focus on increasing one's level of independence with self-care, work and leisure skills through purposeful activity. Customized treatment plans can include therapeutic exercise, education on injury prevention and ergonomics, provision of some adaptive equipment and recommendations for home safety.

Oncology

NNMC partners with the National Cancer Institute (NCI) to offer state-of-the-art clinical research trials for cancer treatment. As a patient, you will have access to research protocol and standard treatment options. By working with the NCI, NNMC is able to offer more than the traditional options for treatment. Chemotherapy and oncology certified nursing staff meet the national standards in oncology and show commitment to patient care. Education of patients and their caregivers in all topics related to treatment and quality of life is a major nursing priority.

Operating Rooms

NNMC's Main and Ambulatory Operating Rooms provide comprehensive inpatient and outpatient care for the following surgical specialties:

- Cardiothoracic Surgery
- Dentistry
- General Surgery
- Gynecology
- Neurosurgery

Patient Services

- Ophthalmology
- Oral-Maxillofacial
- Orthopedics
- Pediatric Dentistry
- Plastic Surgery
- Reproductive Endocrinology and Infertility
- Podiatry
- Urology
- Vascular Surgery

Highly skilled surgeons perform state-of-the-art surgical procedures such as total knee and hip joint replacements, cardiac bypass and heart valve replacements, and neurosurgical procedures.

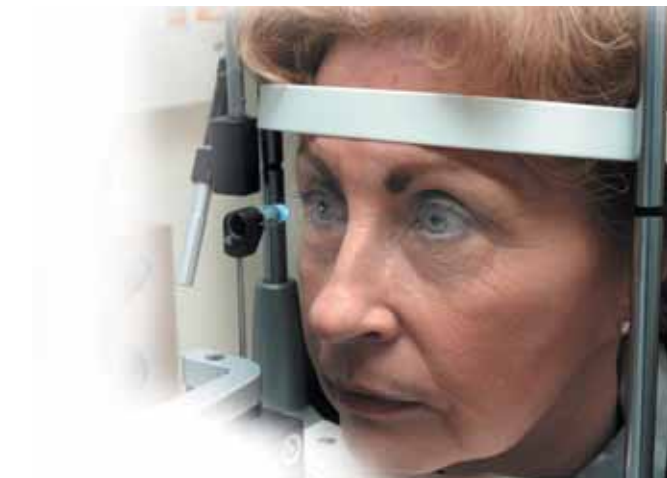
The Ambulatory Operating Room is a comfortable, convenient environment for patients having surgical procedures that do not exceed two hours. It is a fully equipped, state-of-the-art facility where doctors can perform conscious-sedative surgeries. Rapid advances in surgical technology and pain management have opened the door to ambulatory surgery where hospital admission is not required.



tients of all ages from 6 years old and up. Optometry does not perform new contact lens fitting; only renewals of present contact lenses if they are fit properly. Optometry does fit medically necessary contact lenses. Medical records and current eyeglasses or contact lenses are required for all appointments. Active duty and retired military members are eligible for military-issue glasses through our Optical Shop. Referrals are not required.

Orthopaedic Surgery

Orthopaedic Surgery is a completely integrated service between NNMCM and WRAMC. At both hospitals, board-certified orthopaedic specialists work as one team to address the full spectrum of musculoskeletal concerns, from pain management and sports medicine to total joint replacement. Sports medicine specialists treat injuries with the latest in minimally invasive and arthroscopic surgical techniques and non-surgical techniques, as well as with aggressive, proactive rehabilitation. Specialists in hand, upper extremity and micro vascular surgery treat common and complex conditions including traumatic, degenerative, congenital, and repetitive use injuries. Adult-reconstructive surgeons perform joint reconstruction and joint replacement surgery, utilizing state-of-the-art implants and the most up-to-date surgical techniques. Foot and ankle surgeons and podiatrists address all concerns of the lower extremity. Nationally recognized specialists in trauma orthopaedics provide care to our wounded warriors and to beneficiaries with community-based traumatic injuries including hip fractures, wrist and ankle fractures. The orthopaedic service also provides specialized care in spine surgery, musculoskeletal tumor surgery and pediatric orthopaedic surgery and participates in cutting-edge research in the advancement of all areas of orthopaedic surgery.



Ophthalmology (Eye Clinic)

Ophthalmology provides a full spectrum of clinical ophthalmology services to all categories of military health care beneficiaries, including comprehensive eye examinations and treatment, utilizing laser treatment or surgery when indicated. Disorders treated include cataracts, glaucoma, corneal disease, eyelid abnormalities, eye infections or inflammation, retinal disorders, ocular injuries and ocular changes from diabetes.

Optometry Department

NNMCM's Optometry Department offers treatments ranging from comprehensive eye examinations and contact lens care to the prevention, remedy, and control of eye problems, diseases and injuries to the eye. Services are provided to pa-



Oral and Maxillofacial Surgery

Oral and Maxillofacial Surgery diagnoses and treats patients with diseases, injuries and defects of the hard and soft tissues of the mouth, teeth, jaws and face. They also correct problematic wisdom teeth, facial pain, facial trauma, sleep apnea and misaligned jaws. Reconstructive and dental implant surgeries are offered as well as treatment for tumors, cysts and other defects of the jaws and face. Emergency care for non-active duty patients is limited to humanitarian relief of acute pain, trauma and infections. The Tricare Dependent Dental Plan, administrated by United Concordia, and the Retiree Dental Plan, administrated by Delta Dental, is available to meet the dental needs of non-active duty family members and retirees. The only Orofacial Pain Center in the Defense Department is also located at National Naval Medical Center. It diagnoses and manages pain symptoms of the mouth, jaw, face, head and neck.

Otolaryngology Surgery (ENT)

This department's wide range of medical and surgical specialists work together to treat patients of all ages who have problems of the ear, nose, throat, related head and neck structures, and hearing loss. Otolaryngology surgery, commonly known as ENT (ear, nose and throat), provides comprehensive, compassionate care; whether your newborn baby needs a hearing test, you are experiencing dizziness, or you have an infection or allergy.

Pediatric Medicine

Specialists in pediatric medicine provide both primary and specialty care services for children (birth through age 12). Pediatrics offers a broad range of services including endocrinology (gland and hormone function), respiratory care, child neurology, cardiology (heart function), high-risk infant

care, and lactation (breast feeding) consultation. You can also use the Pediatric Medicine Clinic for well baby and child check-ups, school or sports physicals, acute care issues or follow-up care.

Pediatrics Neurodevelopmental Division

The Neuro-Developmental Pediatric Division sees children of all ages and provides pediatric neuro-developmental assessments and treatment. Services include:

- Neuro-developmental pediatric services by developmental pediatricians
- Neuro-psychological, physical therapy and occupational therapy diagnostic assessments and treatment
- Evaluation and psychological behavior management services for children with such diagnoses as ADHD and Pervasive Developmental Disorders (PDD)
- Social worker interventions as needed



Pharmacy

Pharmacy services are one of the most popular benefits to our beneficiaries. In addition to obtaining your medications from the NNMC Pharmacy, your pharmacy benefit now includes the TRICARE Mail-Order Pharmacy (TMOP) and the TRICARE Retail Pharmacy network (TRRx). Since 2003, NNMC's pharmacy has used an automated, robotic system for filling refill prescriptions. This technology guides pharmacy staff at each step in the prescription filling process, minimizing the potential for human error. It uses bar code technology to reduce wait times and ensure medication-dispensing accuracy. The pharmacy processes approximately 60,000 prescriptions each month. Due to the volume of pharmacy visitors each day, please familiarize your self with the established procedures and routines. Simple measures such as using the automated call-in refill service, taking the appropriate ticket at the pharmacy and having your identifi-

Patient Services

cation available will help keep operations moving as quickly and efficiently as possible.

- **NNMC Main Pharmacy**

The Main Pharmacy is located in Bldg. 9 on the second floor. Hours of operation are from 7:30 a.m. to 8:30 p.m. (Monday thru Friday) and Saturdays from 8 a.m. to noon. Peak business hours are on weekdays from 11 a.m. to 2 p.m. and 4 p.m. to 5:30 p.m., with the busiest days being Monday, Tuesday and the day after a three-day weekend. It is in your best interest to plan your visits around these times to reduce your wait.

- **NNMC Satellite Pharmacy (Drive-Through Refill Service)**

NNMC offers a drive-through pharmacy refill service for patients to receive their refills without leaving their car. The average waiting time at the Pharmacy Refill Satellite is two to three minutes. Refills must be called in 3 days prior to pick-up at (800) 377-1723 or online at www.bethesda.med.navy.mil/refill. Hours of operation are from 8 a.m. to 6 p.m. Monday thru Friday and Saturdays from 8 a.m. to noon.

Physical Medicine & Rehabilitation

Physical Medicine and Rehabilitation (PM&R) offers a non-surgical approach to pain, injury and disease for neuro-musculoskeletal (involving the muscles and skeleton) disorders. Services include the evaluation and management of:

- Back and neck injuries or pain (Musculo-skeletal Medicine)
- Nerve and muscle disorders (Electrodiagnostic Medicine)
- Functional limitations due to injury or disease (General Rehabilitation)

Our physiatrist (specialist in Physical Medicine and Rehabilitation) is expert in musculoskeletal anatomy, biomechanics and exercise physiology, and evaluating symptoms and identifying their underlying causes.



Physical Therapy

Physical Therapy serves patients who have physical impairments, functional limitations, disabilities or changes in physical function and health status resulting from injury, disease or other causes. Physical therapy specialists administer treatment, develop rehabilitative programs and offer education for neurological, musculoskeletal disorders and post-surgical complications.

Podiatry

With training in the latest surgical techniques, doctors in the Podiatry Clinic address foot and ankle pathologies for patients of all ages. Podiatrists are also trained in clinical treatments, and possess the skills and knowledge necessary to handle all levels of the diagnosis and treatment of the lower extremities.

Post Anesthesia Care Unit

The fundamental purpose of the Post Anesthesia Care Unit (PACU) is to provide direct and continuous patient observation during emergence from anesthesia in the immediate post-operative period. The goal is to prevent or promptly recognize and treat post-operative complications. Nurses in this critical care unit are skilled in providing advanced life support measures.

Preventive Medicine & Environmental Health Services

Preventive Medicine and Environmental Health services ensure the health and safety of the NNMC community by protecting staff, patients and visitors from environmental and health threats through communicable disease, food, water and facility sanitation surveillance. Other services include: food safety inspections, smallpox vaccination program, tuberculosis control program and environmental health consultation.



Pulmonary Medicine

Pulmonary Medicine provides state-of-the-art diagnosis and treatment services to adult patients with diseases of the chest, lung and respiratory systems such as:

- Asthma
- Chronic Obstructive Pulmonary Diseases such as chronic bronchitis and emphysema
- Cystic fibrosis
- Occupational lung disease
- Tuberculosis
- Pneumonia
- Pulmonary hypertension



Radiology

Radiology offers a full spectrum of diagnostic and therapeutic radiological services, including radiographic examinations, Magnetic Resonance Imaging (MRI), computerized axial tomography studies, ultrasound studies and mammography studies. This department also interprets films and fluoroscopic screen images for staff medical officers, and provides education for NNMC staff. Radiology provides services in the following areas, while ensuring radiation safety for patients, staff and the environment:

- Diagnostic Radiology
- Nuclear Medicine
- Physics and Radiology Safety
- Radiation Therapy
- Interventional Radiology
- Breast MRI

NNMC has the Defense Department's first Positron Emission Tomography (PET) scanner, which allows patients suffering from diseases like cancer, dementia, epileptic seizures and coronary artery disease, a chance to receive more accurate diagnosis and improved care, with less need for invasive biopsies and surgeries.

Rheumatology

Rheumatology diagnoses and treats certain autoimmune diseases and musculoskeletal pain disorders, including arthritis and osteoporosis. These diseases are usually marked by inflammation and degeneration of connective tissue structures of the body, especially the joints. Rheumatology also provides follow-up, monitoring, education and counseling.

Social Work Division, Clinical Care Management Department

Social Work is a consultation service to multidisciplinary teams in the primary and specialty clinics and inpatient units. Social workers help patients and families to cope with chronic, acute or terminal illness; to handle problems that may interfere with recovery or rehabilitation; to plan for patients' needs after discharge; and to connect with agency and community resources. They provide the following services to patients and families whose lives are impacted by medical issues:

- Medical crisis counseling for new diagnoses and exacerbations of illness.
- Bereavement services for end of life issues and other losses
- Psychosocial support
- Discharge planning
- Admission prevention
- Resource Management
 - Help in obtaining durable medical equipment
 - Referrals to home health services and hospice
 - Placements in nursing homes and rehabilitation facilities

Speech Language Pathology

Speech Language Pathology provides a broad spectrum of diagnostic and treatment services such as pre- and post-operative assessments, language and cognitive-linguistic assessments, communication therapy, swallowing and feeding therapy; as well as continuity of care for patients through their schools, other hospitals, community speech pathology clinics, rehabilitation centers and nursing homes.

Sterile Processing

Sterile Processing provides receipt, decontamination, sterilization, and redistribution of surgical instrumentation for NNMC and tenant commands, including the Uniformed Services University of the Health Sciences, the U.S. Capitol, and the White House. Skilled professionals monitor, receive and transport regulated medical waste to secured storage awaiting pick-up by a designated authority. Sterile Processing is also the collecting point for outpatient disposal of used syringes and needles.

Substance Abuse Department

The Substance Abuse Department administers and coordinates the Substance Abuse and Rehabilitation Program (SARP) that provides continuing counseling for patients diagnosed with substance-related disorders who have successfully completed a treatment program. They also serve patients identified with substance abuse problems, drug or alcohol dependence, or other behavioral conditions requiring a structured and closely supervised environment. A full range of individual, group and family therapy services are provided in all program areas. Also provided are administrative assistance, drug and alcohol information, preventive education and referral assistance as part of an on-going outreach program.

Surgical Inpatient

This department provides warm, personal care combined with modern, state-of-the-art facilities for patients' comfort, safety and successful surgical outcomes. Services include:

- Bedside care before and after operations
- Advanced wound care
- Patient education
- Discharge planning

Transfusion Services

Transfusion Services provides and manufactures blood components based upon the unique needs of our patients in Obstetrics & Gynecology; Hematology & Oncology; General; Orthopedic; Cardio-Thoracic Surgery; Internal Medicine Clinics; Neonatology and Neurosurgery. NNMC's blood bank transfuses 4,200 blood products annually and is staffed around the clock, including weekends and holidays.

Urology

Urologic Surgery provides specialized medical and surgical care for problems of the urinary tract. Specialists evaluate and manage conditions of the male genitourinary tract and the female urinary tract including male infertility, impotence and prostate disease utilizing minimally invasive techniques such as laparoscopy and robotic surgery; sterilization and vasectomy; urinary disorders such as cancers, incontinence, urinary tract stones and infections. The staff is committed to preventive prostate health care, achieved through prostate biopsies, studies with other medical institutions and keeping a keen focus on future, state-of-the-art medical treatments. A prostate cancer support group is also available and is open to all who have been diagnosed with prostate cancer and their family members. In addition, this department has a specialist in Pediatric Urology to investigate problems such as birth defects of the urogenital system and to provide care for children with bedwetting problems and urinary tract infections.

Patient Rights and Responsibilities

At National Naval Medical Center, we demonstrate our support and commitment to Patients Rights through the day-to-day processes and standards by which our staff interacts with patients. These interactions reflect a fundamental respect for our patients' dignity and are guided by the staff's awareness of the ethical issues surrounding patient care. For a detailed explanation of your rights and responsibilities, ask for a Patients Rights brochure the next time you visit NNMC. (El libro de derechos de paciente esisponible tambien en espanol.)

Your Rights:

1. To Receive Quality Care
2. To Receive Explanations of Care
3. To Receive Pain Management
4. To Participate in Your Care
5. To Provide Informed Consent
6. To Refuse Treatment
7. To Arrange for an Advance Directive
8. To Know the Identity of Health Care Staff
9. To Receive Respectful Treatment
10. To Be Provided Privacy, Security and Safety
11. To Express Your Feelings
12. To Refuse Participation in Research
13. To Receive Visitors and Communications
14. To Understand Rules and Regulations
15. To Voice Your Concerns

Your Responsibilities:

1. To Provide Information About Your Health
2. To Provide Information About Advance Directives
3. To Follow NNMC Rules and Regulations
4. To Be Respectful and Considerate of Others
5. To Comply with Recommended Medical Care
6. To Arrive on Time for Appointments
7. To Return Medical Records

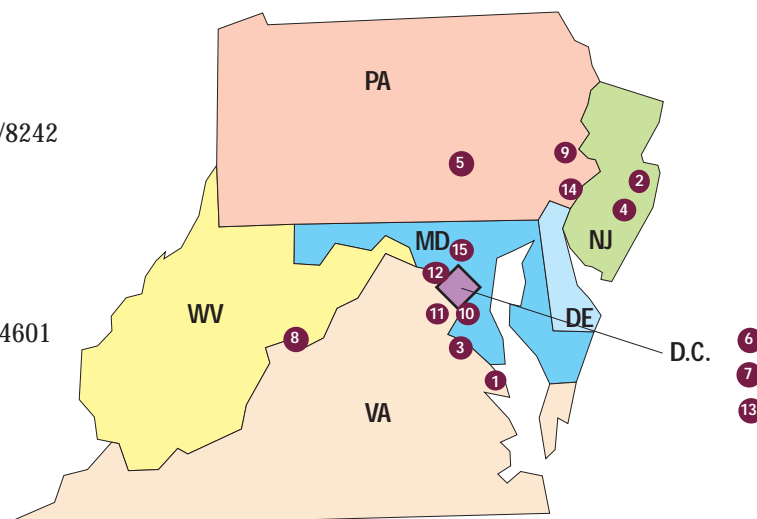


Our Branch Health Clinics

NNMC operates 15 outlying clinics in D.C., Maryland, Virginia, West Virginia, Pennsylvania and New Jersey. Many of these are primary care clinics, (patients may enroll in Tricare Prime at these locations). To make appointments at any of the designated Primary Care Clinics, call (301) 295-NAVY or (866) NAVY-MED. For more information about each clinic, visit www.bethesda.med.navy.mil or call the numbers listed below.

Primary Care Clinics

- 1.) **Naval Surface Warfare Center****
Bldg. 192, Dahlgren, VA 22448, (540) 653-8241/8242
- 2.) **Naval Weapons Station Earle****
201 Highway 34 South, Colts Neck, NJ 07722,
(732) 866-2300/1/3
- 3.) **Naval Surface Warfare Center*/****
Bldg. 1600, Indian Head, MD 20640, (301) 744-4601
- 4.) **Naval Air Engineering Station****
Bldg. 39, Lakehurst, NJ 08733, (732) 323-4854
- 5.) **Naval Support Activity Mechanicsburg**
5450 Carlisle Pike, Bldg. 23A, P.O. Box 2020,
Mechanicsburg, PA, (717) 605-2636
- 6.) **Naval Air Facility (NAF) */****
(Active Duty Only)
1 San Diego Loop, Bldg. 3188, Andrews Air Force
Base, Washington, D.C. 20396, (240) 857-2850
- 7.) **Washington Navy Yard */****
(Active Duty Only)
624 Warrington Ave., SE, Washington, D.C. 20374,
(202) 433-3132
- 8.) **Naval Security Group Activity****
Sugar Grove, WV 26815, (304) 249-6380
- 9.) **Naval Air Station****
Joint Reserve Base, Bldg. 137, Willow Grove, PA
(215) 443-6360
- 10.) **Arlington Annex DiLorenzo TRICARE
Health Clinic**
(Active Duty Only)
Federal Office Bldg. #2, Room 1323,
Washington, D.C. 20370, (703) 614-2726



- 11.) **Pentagon Tri-service Dental Clinic****
Located within the Pentagon
(703) 692-8700

Occupational Health Clinics

- 12.) **Carderock**
9500 MacArthur Blvd., Bldg. 22,
West Bethesda, MD 20817, (301) 227-1585
- 13.) **Naval Research Lab**
4555 Overlook Ave., SW, Washington, D.C. 20375,
(202) 767-3592
- 14.) **Philadelphia Naval Business Center (PNBC)**
Philadelphia Business Center, Bldg. 615, 4898 South
Broad St., Philadelphia, PA, (215) 897-8147
- 15.) **Uniformed Services University
of the Health Sciences**
(Primary care services are provided to students and
their family members.)
Bldg. A, 4301 Jones Bridge Road, Bethesda, MD
20814, (301) 295-3630

* Use NNMC Call Center

** Dental Services offered

Welcome Aboard!



Active Duty and Checking In?

Report to the office below for your specific command. After an initial check in, you may be directed to the Personnel Support Detachment (PSD) for processing of your personnel and pay records. You will then return to your command to complete your check-in procedures that include mandatory enrollment in Tricare Prime. If you need assistance after hours, visit the NNMCM Command Duty Office in Bldg. 10, 1st floor lobby or call (301) 295-4611.

- Joint Task Force National Capital Region-Medical
Phone: (301) 319-8400
Location: Bldg. 27
- National Naval Medical Center Manpower Management
Phone: (301) 319-4900
Location: Bldg. 8, 2nd floor
- Naval Medical Research Center
Phone: (301) 319-7403
Location: Walter Reed Army Medical Center Forest Glen Annex
- Navy Medicine Manpower, Personnel, Training and Education
Phone: (301) 295-1251
Location: Bldg. 1, 17th floor

- Navy Medicine National Capital Area
Phone: (301) 319-4222
Location: Bldg. 1, 9th floor.
- Uniformed Services University of the Health Sciences
Phone: (301) 295-3423
Location: Bldg. 71

Housing Referral Office

The Naval Support Activity-Washington's Family Housing office has a satellite office located at NNMCM. This housing office maintains extensive lists of properties for sale or rent, including single-family homes, town homes, condos, and apartments as well as shared rooms and local hotel information. The Rental Partnership Program (RPP) allows active duty service members to move into participating apartment communities without paying a security deposit. In most cases, the application fee is waived and rent is provided at a discounted price. Contact the housing office for additional information and a list of participating communities. You may also apply for on-base housing through the housing office. Housing information can also be obtained via the Internet at: www.housing.navy.mil

Government Housing

There are several Navy Family Housing on-base locations for military members and their families stationed in the Naval District Washington (NDW) region. The locations are:



Washington, D.C.

- Bellevue: 188, two-and three-bedroom town homes for enlisted personnel.

Maryland

- Summerfield: 414 two-, three-, and four-bedroom units; apartments and town homes for enlisted personnel, and duplexes for officers.

Virginia

- Woodbridge (approximately 35 miles from NNMC): 600 apartment units for enlisted and commissioned personnel.

Assignments for Naval and Marine service members should be made on a DoD Form 1746, and submitted with your PCS orders, a current "Page 2" and the detachment endorsement from your last duty station. The service member's application package may be faxed, mailed, or hand-carried to the Navy Family Housing office at NNMC or it may be provided directly to the Navy Family Housing Welcome Center, NSA-W, 2691 Mitscher Road, SW, Bldg. 414, Suite 100, Anacostia Annex, D.C. 20373. The Anacostia Annex Family Housing Welcome Center's fax number is (202) 433-0587 and the toll-free phone number is (800) 210-0139.

The Navy Family Housing Anacostia Annex Welcome Center office handles all assignments to Navy quarters (on-base housing) in the NDW region.

NNMC Bachelor Housing (BH) information is supplied by the Combined Bachelor's Quarters (CBD) upon check-in. For more information, call (301) 295-5855.



NAVY mentorship AT NNMC

***Be a Guiding Force
in Navy's Future.
Share Your Wisdom
and Experience
with Another...***

***Become a
Mentor Today!***

Step up and help a shipmate:

- *Overcome loneliness and isolation, that can sometimes lead to poor personal decisions.*
- *Understand the "zero tolerance" consequences of substance abuse.*
- *Accelerate success and enhance personal fulfillment.*
- *Achieve career advancement.*

***For more information, contact your
Departmental Chief, LCPO or LPO.***

Bethesda: The Big Picture



Armed Forces Radiobiology Research Institute

The Armed Forces Radiobiology Research Institute (AFRRI) is home to the Defense Department's Medical Radiological Defense Research Program. Chartered in 1961 to study the biological effects of ionizing radiation, the Institute's mission today focuses on developmental and applied research leading to effective medical countermeasures against ionizing radiation. AFRRI works with government facilities, academic institutions and civilian laboratories in the U.S. and other countries to find ways of treating and managing radiation injuries.

Joint Task Force

National Capital Region-Medical

The Defense Department established the Joint Task Force National Capital Region-Medical in 2007 to help navigate the integration and Base Realignment and Closure waters for Navy, Army and Air Force medical treatment facilities in the National Capital Region. The new command coordinates resources from military medical branches to ensure war casualties receive unparalleled health care. Doing so eliminates redundancies, enhance clinical care, promote health professions education and joint training and enhance military medical research opportunities. In addition to integrating medical resources between the Army, Navy, and Air Force in the region, the task force will also implement the Base Realignment and Closure changes, oversee much of the

construction to begin at Bethesda, and develop an improved regional medical disaster response system. The command will be populated with approximately 150 military and civilian personnel and will be fully operational Sept. 30, 2008.

Naval Dosimetry Center

The Naval Dosimetry Center provides centralized radiation dosimetry processing and consultation services to over 300 naval commands by monitoring personnel occupationally exposed to ionizing radiation. The Center also maintains a computer registry that contains exposure histories of over 600,000 personnel exposed to naval radiation sources since 1947. In addition, the center maintains an In Vivo Gamma Spectroscopy facility for monitoring internal radioactivity in personnel. The center processes over 20,000 dosimeters per month, making it one of the largest dosimetry processors in the world.

Naval Medical Research Center

The Naval Medical Research Center (NMRC) conducts scientific research on various diseases and operational problems in order to improve the health, safety and readiness of Navy and Marine Corps personnel. NMRC is the Navy's largest biomedical research facility, an echelon-3 command with a staff of nearly 740 and has expanded to embrace many more disciplines of medical research in infectious diseases, bio-warfare defense and combat casualty care.



Navy Medicine MPT&E Command, Bethesda, Md.

The Navy Medicine Manpower, Personnel, Training and Education (MPT&E) Command supports the Navy's priority of developing our 21st century leaders for Navy Medicine. In addition to the administrative and resources directorates, the command is organized into four major areas:

- **Workforce Management** - Executes personnel management strategies for end-strength, promotion, accession programs, school quotas, retention, and enlisted/officer bonuses for both active and reserve components.
- **Transformation** - Development/oversight of transformational tools including total force 5-Vector Models (5VM), Integrated Learning Environment (ILE) and Knowledge Management (KM).
- **Functional Integration** - Window or "portal of entry" for all MPT&E issues, such as requirements for training, lessons learned, changed or new policy coming into the command and the exiting portal for appropriate resolution. Human Performance (HP) will provide expertise in assessment, science of learning, event investigation and root cause analysis, and metric development.
- **Workforce Development** - Executes oversight of the day to day activities associated with development of our workforce including curriculum management, development of reusable learning objects, course redesign, accreditation and certification requirements, and management of graduate medical department education.

The Uniformed Services University of the Health Sciences (USU)

Established by Congress in 1972, and graduating its first class in 1980, the University is the nation's federal school of medicine and graduate school of nursing. USU enjoys a worldwide reputation as a Center of Excellence for military medical education, research and consultation programs that relate directly to military medicine: tropical diseases, disaster medicine, readiness and adaptation to extreme environments. USU was awarded the Defense Department Joint Meritorious Unit Award in 2000 for its significant accomplishments over the last decade.

School of Medicine and Graduate School of Nursing

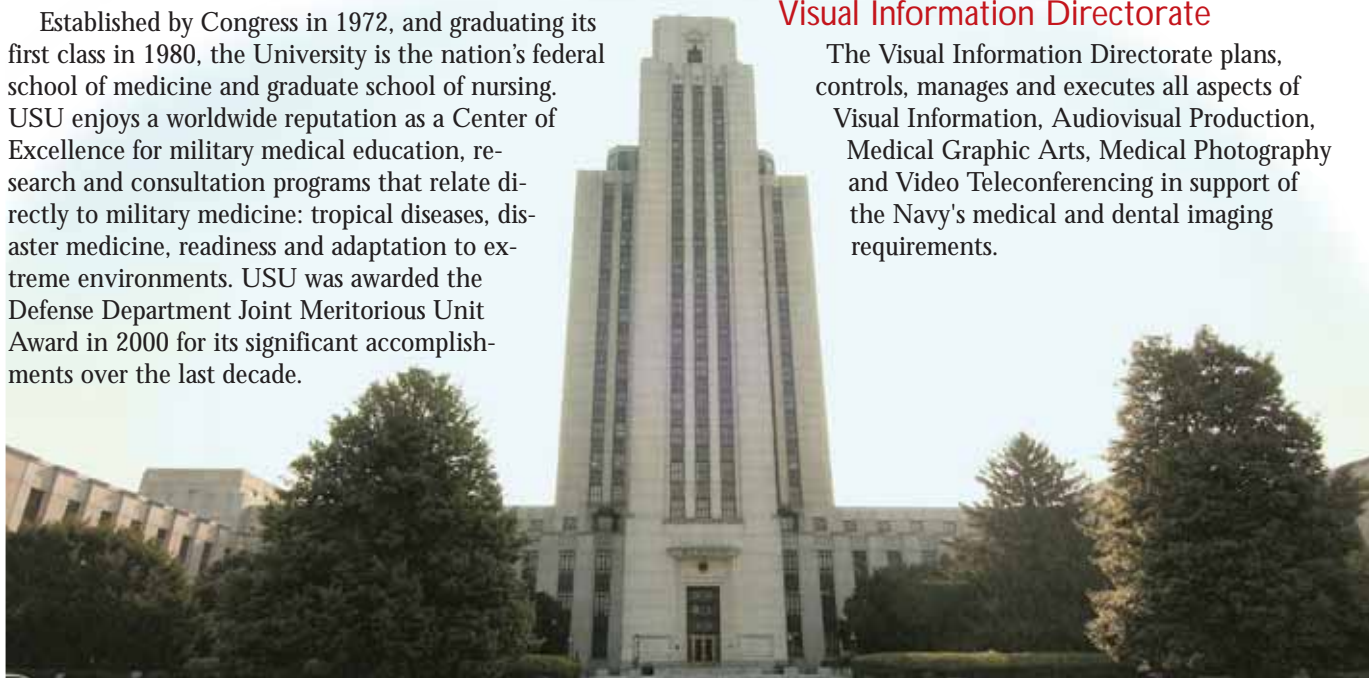
The F. Edward Hébert School of Medicine is in the top 25 percent (class size) of accredited American medical schools and has a year-round, four-year curriculum. This curriculum is nearly 700 hours - or about 20 weeks - longer than that of other U.S. medical schools. These extra hours focus on epidemiology, health promotion, disease prevention, tropical medicine, leadership and field exercises and other subjects that relate to the unique requirements of career-oriented military physicians. Of the 3,585 physician alumni, over 90 percent currently serve on active duty in the U.S. Armed Forces and Public Health Service. Graduate degrees in the biomedical sciences and public health are awarded by the School of Medicine.

Personnel Support Detachment

The Personnel Support Activity Detachment (PSD) at NNMC provides one-stop pay, personnel and passenger transportation support to approximately 4,300 active duty and 1,100 reserve military personnel assigned to NNMC, as well as 100 tenant and area commands in the D.C. metropolitan area and northeastern U.S. Support is also provided to family members of assigned military personnel, military retirees in the mid-Atlantic region, and passenger transportation to Navy Department civilians. Visit www.psalant.navy.mil to schedule identification or common access card appointments or provide customer feedback.

Visual Information Directorate

The Visual Information Directorate plans, controls, manages and executes all aspects of Visual Information, Audiovisual Production, Medical Graphic Arts, Medical Photography and Video Teleconferencing in support of the Navy's medical and dental imaging requirements.



You Can Volunteer Here!



American Red Cross

The American Red Cross is a humanitarian organization that provides relief and services to all active duty military service members, retirees, patients, and their families.

Services provided by the Red Cross include:

- Volunteer programs
- World-wide emergency communication
- Professional caseworkers for counseling and social work services
- Emergency financial assistance

Red Cross volunteers help over 70 clinics throughout the hospital tending to administrative work. Nearly 200 volunteers devote over 4,000 hours of their personal time each month to help Bethesda. To find out how to become a Red Cross volunteer at NNMCM, call (301) 295-1538 or stop by the Red Cross office in Bldg. 3 on the second floor.



families for car repairs, emergency travel and food. NMCRS provides assistance and offers a variety of programs including: budget counseling; layettes for newborns; emergency car repair; financial assistance to active duty and retired Navy and Marine Corps service members and their families. Office hours are:

- Monday from 8:30 a.m. to 6 p.m.
- Tuesday from 8:30 a.m. to 3 p.m.
- Wednesday and Thursday from 8:30 a.m. to 6 p.m.
- Friday from 8:30 a.m. to noon.

Emergency appointments allowed anytime during normal working hours. Call (301) 295-1207 to make an appointment. After working hours contact, the American Red Cross at (877) 272-7337.

Navy / Marine Corps Relief Society

The Navy-Marine Corps Relief Society (NMCRS) is a non-profit charitable organization designed to provide financial, educational and other assistance to members of the Navy and Marine Corps. The 12 relief society volunteers help Navy and Marine families cope with financial pressures. Bethesda's branch has given more than \$375,000 to over 500

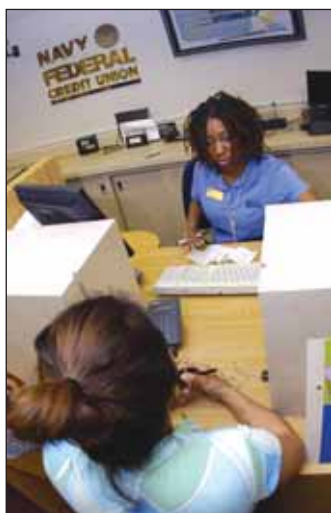




Services and Specialty Assistance

Post Office and Postal Operations (Military)

The U.S. Postal Service is located on Main Street, next to Postal Operations (military mailroom), room 1432. Postal Operations acts as the consolidating point for all official mail processing and distribution for NNMCM and tenant commands as well as personal mail delivery for barrack quarters residents. Express Mail Services are provided for official mail only.



Navy Federal Credit Union

Located on Main Street, Navy Federal Credit Union (NFCU) offers a complete range of services and products, with worldwide locations. NFCU staff members are ready to assist you with all your financial needs. Also available are 24-hour NFCU ATMs located on Main Street and at the Navy Exchange. Log on at www.navyfcu.org.

Pastoral Care Services

National Naval Medical Center chaplains represent a variety of religious denominations and faith groups. They are available to provide prayer, support and pastoral counseling to all patients, families and staff from 7:30 a.m. to 4 p.m. Call (301) 295-1510 for more information. After-hours emergency chaplain assistance is available by contacting the Command Duty Office at (301) 295-4611 and asking for the duty chaplain.

- All chapels are available for private meditation and prayer
- Main Chapel: Bldg. 8, 1st floor, room 1329
- Chapel of Hope: Bldg. 10, 5th floor, room 5155
- Sacramental Chapel: Bldg. 10, 3rd floor, room 3157
- Pastoral Care Conference Room: Bldg. 2, 2nd floor, room 2154

Roman Catholic Mass (Main Chapel)

Monday thru Friday at noon and Sunday at 9 a.m.
Confessions: Monday thru Friday from 12:30 to 12:45 p.m.

Protestant Services (Main Chapel)

Sunday Service at 10:30 a.m.
Gospel Service: Thursday at 11 a.m.
Bible Study: Thursday at noon (Bldg. 10, Rm. 1369)

Islamic Services (Chapel of Hope)

Qur'an Study: Monday at noon
Jum'ah: Friday at 12:30 p.m.

Meditation Prayer Service (Pastoral Care Conference Room)

Wednesday at 12:15 p.m.

Congregational Prayer

Roman Catholic Communion: Deacons and lay Eucharistic ministers bring communion to patients every day except Saturday. Patients who are missed may call Pastoral Care Services. All religious services in the Main Chapel are televised in patient rooms on NNMCM Channel 41, including daily Mass at noon and Sunday services as scheduled.



Fisher Houses I and II

Fisher Houses I and II are two beautiful homes providing temporary residency to eligible families and loved ones who are visiting patients at NNMCM. Each house has a comfortable living room with a fireplace and library, spacious dining room, cheerful kitchen and laundry facilities for families to share. Each family has their own private room and bath,

cable television, phone, clock radio, and linens. This environment has all the comforts of home and is a refuge for stress-weary families who join together to form a supportive community. The fee for staying at Fisher House is \$10 per night, per room, regardless of the number of people. Minimum stay is three nights; maximum stay is thirty days. Eligibility information and referral forms can be found at the Admissions Office, social work department, pastoral care department or at the nursing station or waiting room of each ward.

Legal Assistance Program

The Legal Assistance Program is designed to provide in-office attorney advice, aid and referral for active duty and retired service members and their families. Legal assistance is rendered by judge advocates certified by the Judge Advocate General, or by his designated representatives. Attorneys are assigned by the Naval Legal Service Office of the National Capital Area. The Naval Legal Assistance Program is limited to matters of a civil nature such as drafting of simple wills and legal documents, advice on contracts, landlord and tenant issues, leases, income tax matters, marriage and divorce laws, and other areas of the law that may concern military personnel, their family members and retirees. The Legal Assistance Office does not provide advice on criminal issues or personal and private business matters.

Human Resources Office

The Human Resources Office provides advice and guidance on standard personnel issues such as recruitment, classification, training, labor and employee relations, and equal employment opportunities. NNMC also has a recruitment office dedicated to recruit civilian medical positions.

Retired Activities Office

The Retired Activities Office (RAO) provides several services, including helping surviving family members of retirees with benefit information and paperwork, and providing NNMC pre-retirement briefings for active duty personnel. RAO also helps plan and conduct an annual RAO seminar. They provide information on everything from VA



benefits to job referrals and relocation services for retirees and their spouses.

Veterans Affairs (VA)

There are two VA reps available for walk-in appointments on Monday thru Friday. Current hours are as follows:

- Monday from 8 a.m. to noon
- Tuesday from 8 a.m. to noon and 1 to 3:30 p.m.
- Wednesday from 8 a.m. to noon and 1 to 3:30 p.m.
- Thursday from 9:30 to 11 a.m. and 2 to 3:30 p.m.
- Friday from 8 a.m. to noon

Fleet and Family Support Office

The Fleet and Family Support Office (FFSO) is committed to supporting the National Naval Medical Center leadership in achieving maximum mission readiness. Command, Sailors and family members can access a wide range of services and programs, focused on adaptation to the special demands of military careers, military family life and the need for rapid response to current world events. The FFSO provides transition assistance for military personnel entering the civilian world; financial assistance education; spouses employment skills training and career resources; relocation assistance and one-on-one counseling to ease the stress of moving; information on local, state and community resources; assist single Sailors and families understand and anticipate physical and emotional demands associated with deployment; and tools Navy families need to succeed.



Graduate Education and Research

Graduate Education and Research

NNMC promotes professional growth and development of our providers-in-training in our Graduate Education & Research programs by supporting high-quality research and clinical trials in conjunction with some of the world's finest medical centers. Clinical trials usually compare a new and, perhaps, more promising treatment to a standard one and contribute to a better understanding of the benefits and risks of comparative therapies. The trials are helpful in determining whether a treatment is better, as good, or not as good as a standard therapy. All research procedures must be approved and monitored by the NNMC Human Research Protection Program and the relevant Institutional Review Boards (IRB) to ensure the responsible conduct of research. Research efforts at NNMC are ongoing in the areas of head injury, colon cancer, breast cancer, investigational chemotherapy, virtual colonoscopy, stroke, diabetes, infectious disease, hematology & oncology, leukemia and lymphoma.

Graduate education has always been a priority at NNMC. Our Graduate Education & Research programs are supported by in-depth exposure to all major medicine specialties and subspecialties. The faculty is chosen specifically for their teaching interests, skills and diversity of experiences. In addition, our providers take an active interest in medical research and are extensively published in major medical journals. NNMC's programs prepare participants for board eligibility and certification. The programs are accredited by the American Council for Graduate Medical Education.

The programs at NNMC are part of the National Capital Consortium and the Uniformed Services University of the Health Sciences and, therefore, utilize educational and clinical training opportunities at NNMC as well as Walter Reed Army Medical Center (WRAMC) and Malcolm Grow USAF Medical Center. This liaison takes full advantage of the rich civilian medical community in the Washington, D.C., area and has strong ties and cooperative affiliations with the National Institutes of Health, Children's National Medical Center, the Veterans Affairs Hospital of D.C., Inova Fairfax Hospital, Washington Hospital Center and others. NNMC offers 45 programs to interns, residents and fellows. As the premiere postgraduate dental institution in the world, the Naval Postgraduate Dental School (NPDS) applies spe-

cial dental education and experience in support of the Navy's mission. NPDS also conducts mission relevant dental research and promotes prevention and control of dental disease.

For more information about our graduate programs, call NNMC's Office of Professional Affairs and Graduate Education at (301) 319-4792.

Staff Education and Training

Staff Education and Training (SEAT) offers training programs, including:

- Resuscitative Medicine (ACLS, BLS, NRP, ATLS, TNCC, EMT, EVOC)
- Computer Training (Systems and Computer-Based Training)
- Continuing Education (CME, CNE)
- Competency Training (Corpsmen and Nurses)
- Contingency Training (USNS Comfort and referrals for platform training)
- Requisite Training (Orientation, annual and general military training)

Navy College Program

The Navy College Program provides opportunities to earn a college degree by granting academic credit for Navy training, work experience and off-duty education for Sailors. The Navy College Program Office provides information and assistance with ongoing educational services. Also offered are tuition assistance workshops, education counseling, degree planning and information on area colleges and certificate programs.

Libraries

The Edward Rhodes Stitt Library, open to NNMC staff, patients and families, is located on the first floor of Bldgs. 2 and 8 near the Eye Clinic, between the Main Street Cafe and the Chapel. Stitt Library consists of medical and general collections for medical reference, research, consumer health and leisure reading. The general collection also has audio and video resources. Internet access is available in the library.

Navy Exchange Services

The Navy Exchange

NNMC's Navy Exchange (NEX) is a quality, full-line retail and services complex and is the largest Navy Exchange in the Washington, D.C., metropolitan area. The NEX offers consumer goods and services at a savings to eligible customers, and provides financial support for Morale, Welfare & Recreation (MWR) activities and programs. The NEX operates the following facilities on the NNMC complex:

Main Exchange

The Main Exchange, Bldg. 57, is located at NNMC's southwest corner near the intersection of Rockville Pike and Jones Bridge Road. The NEX offers a full line of goods and services, including name-brand clothing, shoes and cosmetics, fine jewelry and watches, home and garden supplies, greeting cards, books and magazines, health and beauty aids and more. The NEX accepts MasterCard, Visa, Discover and Military Star Card. Hours are:

- Monday thru Saturday from 9 a.m. to 8 p.m.
- Sundays and holidays from 10 a.m. to 6 p.m.

Personalized Services

The NEX Personalized Services shop in the Main Exchange offers a wide range of services including: engraving, printing, UPS shipping, Western Union, film developing, key duplication, wedding invitations, gift wrapping, special order military insignia and mounting of military medals. Personalized Services also offers our "Navy Pride" shop, which stocks an assortment of Navy and NNMC-related collectibles and gifts.

National Vision Optical Shop

The Optical Shop is located in the Main Exchange and offers a variety of designer eyewear and optical accessories. Opticians can order and fit frames, prescription lenses and contact lenses. New frames and lenses can frequently be ready in as little as 24 hours. An optometrist is available. Tricare and other major insurances are accepted.

Barbershop

The NEX operates two barbershops, one in the Main Exchange and the other on Main Street in the hospital. Complete barber services are offered at both locations and appointments are accepted.



Laundry and Dry Cleaning Shop

The Laundry and Dry Cleaning Shop is located in the Main Exchange. Operated by Coach Cleaners, full laundry and dry cleaning services are available. (Services are also available in the Uniform Shop on Main Street.)

Citgo & QuikMart

The NEX Citgo & QuikMart, near McDonald's and the Main Exchange, features convenience foods and beverages, food staples such as bread and milk, laundry and household cleaning supplies, gasoline, car-care products, and health and beauty products.

Package Store

The NEX's Package Store in Bldg. 23 stocks an extensive assortment of domestic and imported beers, wines and spirits.

The Navy Lodge

The Navy Lodge, located at Grier and Jones Bridge Roads, is a modern 106-room hotel for authorized patrons, including active duty and retired military service members, their families, patients and other authorized guests. Single rooms consist of one queen-sized bed. Double rooms consist of two queen-sized beds and it also has a complete kitchenette. Handicapped rooms with and without kitchenettes are also available. All rooms include microwave oven, refrigerator, cable TV (including HBO), a private bath and are non-smoking. Amenities such as high chairs, cribs, fax machines, irons and ironing boards, laundry facilities, coffee, ice machines, vending machines and rollaway beds are also



available. Reservations can be made 24 hours a day, seven days a week by calling (800) NAVY-INN. Call for current rates. Same-day reservations can be made by calling the Lodge directly at (301) 654-1795.

Main Street

“Main Street” is a colorful and busy area located in Bldg. 2 on the 1st floor. There are a number of eateries including Main Street Café, Subway and Dunkin Donuts. There is a constantly changing variety of vendors displaying and selling jewelry, purses and leather goods, toys, artwork and many other interesting items.

Uniform Center

NNMC's NEX offers a full-service Navy Uniform Center and tailor shop. It's now conveniently located inside the hospital on Main Street in Bldg. 2 across from Dunkin Donuts.

A Wide Variety of Eateries

Main Street Café

The Main Street Café is comprised of name brand venues: Taco Bell, Pizza Hut, Stacker's Deli and Boardwalk Fries. Cafeteria-style entrees are still present along with freshly prepared Caesar salads, Asian wraps, and hot carved turkey platter. Special catering and party programs are also available.

Subway & Dunkin' Donuts

Subway & Dunkin' Donuts feature made-to-order sandwiches, freshly baked donuts, coffee and ice cream along with in-store seating.

Café Marlene

Café Marlene is located in Bldg. 9 on the 1st floor, adjacent to the Radiology and Internal Medicine Clinics. The cafe serves Starbucks Coffee, Manhattan Bagels, Mrs. Fields' Cookies and light luncheon fare.

Flagship Vending Center

Located near Café Marlene, the Flagship Vending Center is a vending bank offering a full array of vending products with 24-hour convenience.

McDonald's

NNMC's base McDonald's (next to the NEX) features an indoor “Play Place” for children and ample seating inside and out for patrons.

William III Gourmet Coffee

Located at the hospital's main entrance in Bldg. 10, William III Gourmet Coffee shop features top quality coffees, cappuccino, gourmet muffins, biscotti and a full lunch menu. Special catering is also available.



MWR Serves You!

MWR InfoCenter

Located just around the corner from Main Street, the MWR InfoCenter answers all your recreational needs. You can learn about the interesting classes, exciting fun runs, and adventurous trips offered by MWR. You may also purchase discount tickets for local amusement parks; movie theaters; special events; and area attractions; nearby ski resorts; and popular parks in the U.S., including Disney theme parks; Universal Studios; and Colonial Williamsburg. Brochures, maps and flyers are also available for quick reference and trip planning. The MWR InfoCenter is an authorized Ticketmaster outlet. Be sure to check the electronic marquee outside the Center to find out about current MWR happenings.

Bethesda Naval Bowling Center

The Bethesda Naval Bowling Center houses 20 bowling lanes with automatic scoring, a snack bar with a large outside deck, a game room with pool tables, video games and a pro shop. Both open play and league bowling are offered year round for all ages. You can bring the whole family - there are even some lanes with automatic bumpers for young or inexperienced bowlers. Various party packages are available for your special events. Packages include bowling, shoe rental, food, drink and a private party room. Call the Bowling Center to schedule.



Comfort Zone Complex

All military personnel, active duty, retired, reservists and their families are required to present their military ID to use the facilities. Defense Department civilians and non-Defense Department federal employees must purchase a membership to use the facilities.

Indoor Facilities:

- 25-yd. indoor swimming pool with two saunas, locker rooms

- Cardio Zone exercise center with theater entertainment
- Weight Zone strength conditioning area
- Stretching and abdominal training area
- Full gymnasium
- Fitness Studio
- Liberty Zone Center

Outdoor facilities:

- Four tennis courts
- Basketball court
- Softball field
- Running track
- Two picnic pavilions for spring and summer rental

USU Café

The USU Café, located in the Uniformed Services University of the Health Sciences, serves breakfast and lunch, and offers catering and banquet services seven days a week for both small and large occasions.

Liberty Zone

The Liberty Zone, a recreational center for fun and relaxation, is located in the Comfort Zone Complex and is home to the Liberty program, which meets the recreational needs of our single and unaccompanied enlisted Sailors who are stationed at NNMC. Join them for a wide variety of trips, sporting events, cultural activities. Watch a movie in the mini movie theater, access the Internet, win prizes in a tournament, play pool, ping pong, foosball, at no cost. You can also snack on some free freshly popped popcorn, enjoy a smoothie or satisfy your appetite at the snack bar.

Child Development Center

The Child Development Center, located at Bldg. 26 on Stokes Road behind the Bowling Center, is a full-time child-care facility for active duty military personnel assigned to the National Naval Medical Center, its tenant commands and the National Capital Area. Defense Department civilians of NNMC and its tenant commands are also eligible to use the facility on a space-available basis. Care is provided for children ages 6 weeks to 5 years, Monday thru Friday from 6 a.m. to 6 p.m. The center is accredited by the National Association for the Education of Young Children and the Navy Child Development Programs. Fees are based on total family income and will not be pro-rated, including weeks with a Federal holiday. A \$35 registration fee must be paid in advance and is credited towards first weekly payment. For waiting list or application information, call the Child Development Center at (301) 295-0167.

**The cool
thing about
living here
is...**

There is so much to see and do in the city of Washington, D.C., and the surrounding areas of Maryland and Northern Virginia. The National Capital Area is one of the most exciting places in our great country!

Maryland

The State of Maryland surrounds almost three-quarters of Washington, D.C., and is a cornucopia of interesting places to visit. From life on the Chesapeake Bay with its tasty fresh crab; to the U.S. Naval Academy in Annapolis that prepares young men and women to become professional officers in the U.S. Navy and Marine Corps ... From the great city of Baltimore with its professional football and baseball teams; to the Eastern Shore with its beautiful beaches and shoreline, Maryland offers the chance for an exciting new excursion every weekend.

Annapolis Waterfront

Annapolis is the Maryland state capital and is also known as the "sailboat capital of the world." Annapolis is the home of the U.S. Naval Academy, and Saint John's College and is located at the mouth of the Severn River on the Chesapeake Bay. Downtown in the Historic area, originally established in 1695, City Dock is a favorite place to visit. Known to local boaters as "Ego Alley" it is the weekend and evening scene of a steady parade of expensive yachts. There is plenty to eat and drink in the area and power boat shows every October. The nearby U.S. Naval Academy has the world's largest dormitory housing over 4,000 midshipmen. Favorite sights here are the crypt of John Paul Jones in the Academy Chapel and the Severn seawall with its mast from the battleship Maine (sunk in Havana in 1898). There is also an early submarine, a Mark XIV torpedo (memorial for 52 U.S. submarines lost in WWII with 3,505 men), and other Navy hardware. USNA has a new visitor center.

Baltimore's Inner Harbor

One of America's oldest seaports and one of the world's newest travel destinations, Baltimore Harbor was established in the seventeenth century. Baltimore Harbor has a rich maritime heritage and today is complemented by exciting attractions such as the National Aquarium and the Maryland Science Center. The Inner Harbor is close to Fells Point and Little Italy with water taxis providing the opportunity to view the Baltimore's dramatic skyline on a leisurely cruise as well as transport to other exciting city locations.

The Baltimore Symphony Orchestra at Strathmore

The Center's dazzling architecture is nothing short of captivating. Its 2,000-seat concert hall houses the highest caliber acoustics, and its location is convenient and easy to get to with plenty of complimentary parking available for ticketed events. Call (877) BSO 1444 or log on at www.BSOatStrathmore.com for more information.

Local Area Attractions



Northern Virginia is distinct from the rest of the state in many ways. Arlington and Alexandria, decidedly “inside the Beltway,” are the closest bedroom communities to D.C., Arlington National Cemetery, the Iwo Jima Memorial, the Pentagon, Reagan National Airport, Old Towne Alexandria and Mt. Vernon, the home of George Washington, offer the history buff and the serious history student a never-ending choice of places to visit.

Arlington National Cemetery

Arlington National Cemetery has a number of fascinating sites to visit, including the Tomb of the Unknowns, the Amphitheater, Arlington House, and the grave of President John F. Kennedy. Outside of the Tomb of the Unknowns, there is a changing of the guard every half hour in the summer and every hour the rest of the year. The cemetery is open to visitors daily; April - September, 8 a.m. - 7 p.m.; October - March, 8 a.m. - 5 p.m.

Marine Corps Memorial Iwo Jima Statue

This 78-foot memorial, created by Felix de Weldon, commemorates all the Marines and Corpsmen who have died in battle since 1775. Open daily, 8 a.m. - midnight. It is located at route 50 at Arlington Boulevard & Ridge Road.

The Women in Military Service for America Memorial

Situated on 4.2 acres of land at the ceremonial entrance to Arlington National Cemetery, the Women's Memorial is

the first major national memorial honoring women who have served in our nation's armed forces during all eras and in all services. The history of women serving in defense of our nation began more than 220 years ago with women who served in the American Revolution and continues with those who serve today. Open daily except Christmas: October - March, 8 a.m. - 5 p.m.; April - September, 8 a.m. - 7 p.m. Admission is free.

Old Towne Alexandria

Alexandria is unique - an historical place that keeps pace with the modern world. The city is part of a large metropolitan area surrounding the nation's capital, yet it has retained its period character. About one-quarter of the town's 15 square miles has been designated as a national or local historic district. Alexandria was home to those who made American history - George Washington, George Mason, and Robert E. Lee - and many other men and women.



Washington, D.C.

The District of Columbia, our Nation's Capital and the city many believe to be the most powerful in the world, was named for George Washington and Christopher Columbus in 1791. Washington, D.C., brings together the hub of American political life and a broad international cultural diversity. From its majestic monuments, museums, and historical treasures, to its unique neighborhoods and numerous street festivals, the city is a glorious mix of delightful contrasts. For ease in getting around town, Washington's Metro System, one of the best subway systems on the East Coast, provides a connection to neighborhoods in the city, and to parts of Northern Virginia and Maryland. For more information regarding the Metro, call (202) 637-7000.

The White House

The President's house, and one of the most popular sights in D.C.; the White House is located at 1600 Pennsylvania Avenue. Only the public rooms on the ground floor and the state floor may be visited, and the hours are limited. The White House may be closed at various times due to security concerns and special events. For more information, call (202) 208-1631.

Lincoln Memorial

West of the Reflecting Pool and the Washington Monument, stands the Lincoln Memorial. With the words of the famous Gettysburg Address and murals of the signing of the Emancipation Proclamation adorning its walls, the imposing 26-foot seated statue of the 16th president sits in the center of the Greek Revival structure. Built to honor Abraham Lincoln, perhaps one of America's best-loved president's, the Lincoln Memorial was dedicated on Memorial Day, May 30, 1922, and remains to this day a symbol of freedom. The Memorial is open seven days a week from 8 a.m. - 11:30 p.m.

Call (202) 426-6895 for more information.

Jefferson Memorial

This memorial, dedicated to the author of the Declaration of Independence, stands on the south shore of the Tidal Basin in West Potomac Park. The circular structure made of Vermont and Georgia marble, combines architectural elements of the dome of the Pantheon of Rome and the rotunda designed by Jefferson for the University of Virginia. A 19-foot statue of the third president towers in the center of the Memorial, and the marble walls bear inspiring quotations. One of the best times to visit this monument is early spring, when thousands of Cherry trees blossom throughout the Tidal Basin.

John F. Kennedy Center for the Performing Arts

Under the guidance of Mrs. Jacqueline Kennedy, this center for the performing arts opened Sept. 8, 1971, as the official memorial in Washington to honor President John F.

Local Area Attractions

Kennedy. The center features a rooftop promenade overlooking the Potomac River, three dining areas and five performing arts theaters: the 2,700-seat Concert Hall, home to the National Symphony Orchestra, the Opera House, also a setting for ballet, the Eisenhower Theater, the Theater Lab, and an American Film Institute Theater. Free tours of the center are available. Call (202) 416-8341 for more information.

The Mall

Perhaps the most photographed strip of land in the world, the National Mall is a testimony to the American commitment to free speech and the right to congregate. It was the architectural brainchild of 18th century French engineer, Pierre L'Enfant. The mile-long oblong stretch of green, running between Constitution and Independence Aves., is home to demonstrations and tourists and is surrounded on both sides by the twelve buildings of the Smithsonian Institution's wondrous museums. They include: The National Museum of Natural History, The National Museum of American History, the National Gallery of Art, the Hirshorn Museum, the National Air and Space Museum, the Botanical Gardens, and the National Museum of the American Indian. The Mall is flanked by the dome of the U.S. Capitol Building gleaming in the East, and the Washington Monument piercing the sky in the West.

National Cathedral

Built in the old-world tradition, and probably the last great Gothic cathedral to be erected, the National Cathedral was finished in 1990 after 83 years of construction. Bring binoculars to view the menacing beasts, gruesome gargoyles and fanciful creatures, which adorn the outside walls. Located on the corner of Wisconsin and Massachusetts Aves., N.W., the Cathedral offers Episcopal and interdenominational services. Call (202) 537-6207 for times of services and tours.

The National Zoo

Located at 3001 Connecticut Ave., N.W., in the heart of

the city, more than 5,000 animals are housed in this beautiful 163-acre park. One of the main attractions is the newest pair of giant pandas from China. Grounds open May 1 - Sept. 15, 6 a.m. - 8 p.m.; Sept. 16 - April 30, 6 a.m. - 6 p.m. and are easily accessible by Metro. Call (202) 673-4800 for more information.

National Museum of the American Indian

The opening of this museum marks a unique cultural achievement as Native Americans from North, Central, and South America realized a long-awaited dream to share and honor their vibrant cultures with visitors from throughout the world. NMAI is located on 4th St. & Independence Ave., S.W., Washington, D.C., 20560. Phone: (202) 633-1000. The museum is open daily 10 a.m. - 5:30 p.m.; closed Dec. 25.

National World War II Memorial

The World War II Memorial is the first national memorial dedicated to all who served during the Second World War. The memorial, established by the American Battle Monuments Commission, honors all military veterans of the war, the citizens on the home front, the nation at large, and the high moral purpose and idealism that motivated the nation's call to arms. The Second World War is the only 20th-century event commemorated on the Mall's central axis. Located on the National Mall, at 17th St. between Independence and Constitution Aves.

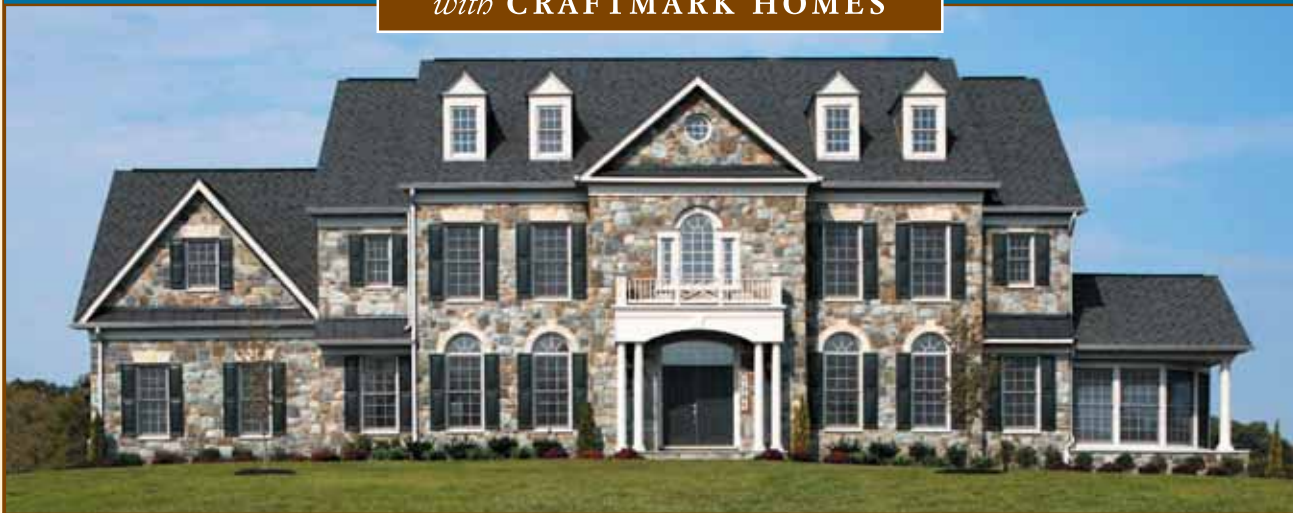
Vietnam Veterans Memorial

Know simply as "The Wall," this moving tribute displays the names of more than 58,000 Americans listed as POWs/MIAs and casualties of the Vietnam War in black, gleaming granite. A life-size statue of three infantrymen completes the experience. Located West of the Mall, near the Lincoln Memorial, and guarded 24 hours a day by men and women who served. Call (202) 634-1568 for more information.



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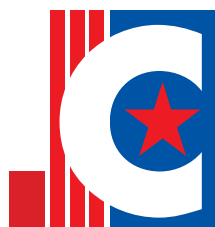


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Call for times.

- 20 Automatic Scoring Lanes with Automatic Bumpers
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League Bowling

Game Discounts for
League Monday -Friday

\$2.00 per game
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\$2.75 per game
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\$2.75 per game
All day Sat./Sun./Hol.

\$3.00 per game
During Rock & Bowl

BOWL Parties!

- * 1 or 1 1/2 hours of bowling time
- * Shoe rental
- * Choice of hamburger, hot dog or chicken nuggets, with french fries and a beverage.

You provide the kids, partyware, balloons, cake, etc.

\$12.00 per person -
One hour

\$14.00 per person -
1 1/2 hours

Groups

Unlimited Bowling Packages
(includes shoe rental)

\$10.00* per person for 1.5 hours
\$12.00* per person for 2 hours
\$17.00* per person for 3 hours
\$20.00* per person for 4 hours

*Add a food package for only \$5.00 per person.
food package includes choice of a hamburger, hot dog, chicken nuggets, french fries and a beverage.

Saturday
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Video Rock & Bowl
Kick Back With Friends
&

Enjoy a Dazzling
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Just to name a few...

Current Trip Schedule is in the MWR Happenings newsletter

Click on MWR at www.bethesda.med.navy.mil/visitor

Sign up for trips at the MWR InfoCenter
in the Main Hospital, Main St.
PH. 301-295-0434





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NNMC Telephone Directory

Telephone numbers are preceded by area code 301. In-house phone calls requiring a prefix dial of "93" are indicated. The information in this directory is subject to change.

If any information should prove to be incorrect, please contact the Command Duty Office at (301) 295-4611 for the updated information.

Please do not discuss classified information on non-secure telephone lines. Defense Department telephones are provided for transmission of official government information and are subject to monitoring for communications security purposes at all times. Use of official Defense Department telephones constitutes consent to communications monitoring in accordance with Defense Department directive 4640.6.

ADVERSE DRUG REACTION HOTLINE	295-0941	EMERGENCY ROOM	295-4810
APPOINTMENTS866-NAVY-MED (628-9633)	FIRE & AMBULANCE777
.....	295-NAVY (6289)	FRAUD, WASTE & ABUSE HOTLINE	295-0269
BASE POLICE / SECURITY	295-1246/1247	HEALTH BENEFITS ADVISORS	295-5143
CARDIAC ARREST777	HOSPITAL INFORMATION	295-4000
CHEMICAL SAFETY (HAZMAT)	295-6436	LANGUAGE INTERPRETER RECALL BILL	295-4611
CHAPLAIN'S OFFICE		MAINTENANCE EMERGENCY REPAIR	295-1070
(PASTORAL CARE SERVICES)	295-1510	PUBLIC AFFAIRS OFFICE	295-5727
COMMAND DUTY OFFICE (24 HOURS)	295-4611	REPORT BOMB THREATS777/295-1246
CUSTOMER ADVOCACY OFFICE	295-0156	RESCUE SQUAD (BETHESDA/CHEVY CHASE)	301-652-0077

NAME	PHONE NUMBER	LOCATION
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WARDS COMMONLY REFERRED TO BY LOCATION

3E (APU / SHORT STAY UNIT)	295-2560	10 / 3
3W (CARDIOVASCULAR WARD)	295-4700/1/2	10 / 3
4E (NEPHROLOGY)	295-4330	10 / 4
4W (BREAST CARE CENTER)	295-3899	10 / 4
5C (INTERNAL MEDICINE WARD)	295-4159/60	10 / 5
5E (SURGERY WARD)	295-4142	10 / 5
5W (HEMATOLOGY / ONCOLOGY)	295-2589/90	10 / 5
7C (SLEEP LAB)	295-4547	
AFTER 2200:	295-2112	10 / 7
7E (EARLY INTERVENTION / EFMP / STROKE CLINIC / CLINICAL PHARMACOLOGY) (SEE INDIVIDUAL LISTINGS)		10 / 7
7W (ADULT INPATIENT PSYCHIATRY)	295-4095	10 / 7

A

ACCESSIONING / SPECIMEN		
COLLECTION (LABORATORY)	295-0250	9 / 2
ACCOUNTS PAYABLE	295-5822/6757	54 / 2
ACQUISITION MANAGEMENT (LOGISTICS)	295-1063	54 / 2
ADELPHI NAVAL RESERVE CENTER, MD	(301) 394-5840/1	
ADMINISTRATION, HOSPITAL	295-5805	10 / 2
ADOLESCENT MEDICINE (PEDIATRICS)	295-6168	9 / 1
ADULT BEHAVIORAL HEALTH CARE	295-0500	7 / 3 & 4
ADVERSE DRUG REACTION (ADR) HOTLINE	295-0941	
AFCCP (ARMED FORCES		

NAME	PHONE NUMBER	LOCATION
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CENTER FOR CHILD PROTECTION)	295-4100/2150	
Call For Location		
AFIP (ARMED FORCES INSTITUTE OF PATHOLOGY), WRAMC, DC	(202) 782-2100	
.....	DSN: 662-2100	
AFRRI (ARMED FORCES RADIOBIOLOGICAL RESEARCH INSTITUTE)	(93) 295-0530	42
AIRPORT SHUTTLE, SUPER SHUTTLE	(800) 258-3826	
ALCOHOL REHAB	295-1578	5 / 1
ALLERGY CLINIC	295-4510	9 / 1
AMBULATORY PROCEDURE UNIT (APU)	295-2560	10 / 3
AMBULATORY SURGERY CENTER (ASC)	319-4700	9 / 3
ANACOSTIA ANNEX (UNIFORM THRIFT STORE)	(202) 610-5419	
ANACOSTIA NAVAL STATION	(202) 433-0960	
ANATOMIC PATHOLOGY (LABORATORY)	295-2520/2517	9 / 3
ANDREWS AFB, MD (BRANCH HEALTH CLINIC)	(240) 857-2685	
ANDREWS AFB, MD (MEDEVAC)	(240) 857-5424	
ANDREWS AFB, MD (INFORMATION)	(301) 981-1110	
ANDREWS AFB, MD (MALCOLM GROW MEDICAL CENTER)	(240) 857-5911	
ANESTHESIOLOGY	295-4455 ext.156	9 / 3
ANNAPOLIS NAVAL STATION / US NAVAL ACADEMY, MD (MAIN OPERATOR)	(410) 293-1000	
.....	DSN: 281-1000	

NAME	PHONE NUMBER	LOCATION	NAME	PHONE NUMBER	LOCATION
ANNAPOLIS, MD (BRANCH HEALTH CLINIC) (410) 293-1758			(LABORATORY)	295-2100	9 / 1
APHERESIS (LABORATORY)	295-2104/5	9 / 1	BLOOD DONOR CENTER (ASBBC)	295-1737	9 / 1
APPOINTMENT CALL CENTER			BOARD ROOM (EXECUTIVE SUITE)	295-2738	10 / 2
(ALL NNMC APPOINTMENTS)	295-6289		BOLLING AFB, DC	(703) 545-6700	
TOLL FREE:	(866) 628-9633	141	DSN: 227-0101	
APPOINTMENT CALL CENTER, ADMIN OFFICE			BOWLING CENTER (MWR)	295-2034	56
(STAFF USE ONLY)	319-8134	141	BRANCH HEALTH CLINIC		
APU (AMBULATORY PROCEDURES UNIT)	295-2560	10 / 4	(ANDREWS AFB, MD)	(240) 857-2685	
ARCHIVES			BRANCH HEALTH CLINIC		
(FOR NNMC INPATIENT RECORDS)	295-2148/319-4354 ..	10 / 1	(ANNAPOLIS, MD)	(410) 293-1758	
ARLINGTON ANNEX			BRANCH HEALTH CLINIC		
(BRANCH HEALTH CLINIC)	(703) 614-2726		(ARLINGTON ANNEX)	(703) 614-2727	
ARMED FORCES CENTER FOR CHILD			BRANCH HEALTH CLINIC		
PROTECTION (AFCCP)	295-4100 / 2150		(CARDEROCK, MD)	(301) 227-1585	
ARMED FORCES INSTITUTE			BRANCH HEALTH CLINIC		
OF PATHOLOGY (AFIP), WRAMC	(202) 782-2106		(DAHLGREN, VA)	(540) 653-8241/2	
.....	DSN: 662-2100		BRANCH HEALTH CLINIC		
ARMED FORCES RADIOBIOLOGICAL RESEARCH			(EARLE, NJ)	(732) 866-2300	
INSTITUTE (AFRI)	(93) 295-0530	42	BRANCH HEALTH CLINIC		
ARMED SERVICES BLOOD BANK CENTER ..	295-2106	241	(INDIAN HEAD, MD)	(301) 744-4601	
AUDIOLOGY	295-4665/4196	9 / 2	BRANCH HEALTH CLINIC		
AUDIOVISUAL DEPARTMENT	295-0058	5 / 1	(LAKEHURST, NJ)	(732) 323-7027	
AUDIOVISUAL PRODUCTION DEPARTMENT			BRANCH HEALTH CLINIC		
(NMPT&E)	295-0058	7 / 1	(MECHANICSBURG, PA)	(717) 605-2636	
AUDITORIUM BOOKING/			DSN: 430-2636	
SCHEDULING REQUESTS	319-8219		BRANCH HEALTH CLINIC		
AWARDS COORDINATOR	295-5729	10 / 2	(PATUXANT RIVER, MD)	(301) 342-1418/9	
B			BRANCH HEALTH CLINIC (QUANTICO		
BARBER SHOP (NEX)	(93) 295-6387	57	MARINE CORPS BASE, VA)	(703) 784-1699	
BARBER SHOP, MAIN STREET (NEX)	(93) 295-6390	2 / 1	BRANCH HEALTH CLINIC		
BASE POLICE	295-1246/7	7 / 1	(SUGAR GROVE, WV)	(304) 249-6380/1	
BEHAVIORAL HEALTH CARE	295-0500	7 / 3 & 4	BRANCH HEALTH CLINIC (UNIVERSITY		
BEQ 60 (COMFORT HALL AND			HEALTH CENTER, USUHS)	(93) 295-3630	
VISITING QUARTERS)	295-5855/6	60	BRANCH HEALTH CLINIC (WASHINGTON		
BEQ 61 (SOLACE HALL)	295-5288	61	NAVY YARD, DC)	(202) 433-2480	
BILLING, INPATIENT PRIVATE			BRANCH HEALTH CLINIC		
HEALTH INSURANCE CLAIMS	295-1006	10 / 1	(WILLOW GROVE, PA)	(215) 443-6360	
BILLING, LIABILITY INSURANCE			BRANCH HEALTH CLINICS HEADQUARTERS		
CLAIMS (THIRD PARTY COLLECTIONS)	295-4890	10 / 1	STAFF	295-0971	11 / 2
BILLING, OUTPATIENT PRIVATE HEALTH			BREAST CARE CENTER (4W)		
INSURANCE CLAIMS	295-4934	1 / 11	TO SEE A DOCTOR	295-3899	10 / 4
BILLING, PATIENT ACCOUNTS (CASHIER)	295-1874/5599	10 / 1	BUDGET OFFICER	295-1061	54 / 2
BIO-MEDICAL REPAIR (LOGISTICS)	295-3874/5/6	3 / 2	BUDGET SERVICE, FINANCIAL AND		
BIRTH CERTIFICATES (DEPARTMENT OF VITAL			CODING ISSUES	295-0149	54 / 2
RECORDS, MD)	(410) 764-3038		BUDGET SERVICE, TRAINING AND		
BIRTH REGISTRY	295-2195	10 / 1	REIMBURSEMENT	295-0149	54 / 2
BLDG 50 (MERCY HALL / MED HOLD)	295-5715/6	50	BUMED (BUREAU OF MEDICINE		
BLDG 54 (LOGISTICS / RESOURCES)	295-1063	54 / 1	AND SURGERY)	(202) 762-3211	
BLOOD COLLECTING / DRAWING			DSN: 762-3211	
			BUMED, INSPECTOR GENERAL,		

NAME	PHONE NUMBER	LOCATION
MEDICAL	295-9010	1 / 19
C		
CAFÉ MARLENE		
(STARBUCKS COFFEE) (NEX)	(301) 986-5170	9 / 1
CAMP LEJEUNE, NC (NAVAL HOSPITAL).....	(910) 451-3079	
CARDIAC CATH LAB	295-4797/1183	9 / 3
CARDIAC REHAB	295-1840	9 / 3
CARDIO THORACIC ICU (CT ICU)	295-4830	9 / 3
CARDIO THORACIC SURGERY		
(INPATIENT)	295-4700	9 / 3
(OUTPATIENT)	295-2552	9 / 3
CARDIOLOGY	295-4500/0394	9 / 2
CARDIOVASCULAR (GENERAL SURGERY)....	295-4440	9 / 2
CARDIOVASCULAR STEP-DOWN (3W)	295-4700/1/2/3	10 / 3
CAREER DEVELOPMENT	295-5210	8 / 2
CASE MANAGEMENT		
(UTILIZATION MANAGEMENT).....	295-1100	3 / 3
CASUALTY AFFAIRS OFFICE	319-6805	10 / 2
CDD (MATERIALS MANAGEMENT)		
(LOGISTICS)	295-4539/38	9 / B
CDO DESK (COMMAND DUTY OFFICE)	295-4611	10 / 1
CENTER FOR DISASTER & HUMANITARIAN		
ASSISTANCE MEDICINE (USUHS)	(93) 295-6263	5 / 4
CHAMPUS (TRICARE / HEALTH		
BENEFITS ADVISORS)	295-5143/4	9 / 1
CHAPLAINS OFFICE	295-1510	8 / 1
CHEMISTRY (LABORATORY)	295-5080	9 / 2
CHIEF OF NURSING STAFF	295-6166	10 / 2
CHILD AND ADOLESCENT		
MENTAL HEALTH (7W).....	295-0576	10 / 7
CHILD DEVELOPMENT CENTER (MWR).....	295-0167/0014	26
REGIONAL CHILD PLACEMENT OFFICE:	(202) 433-3055	
CHILD PROTECTIVE SERVICES, MILITARY		
(AFCCP)	295-4100/2150	
CHIROPRACTIC CLINIC	295-5160	9 / B
CICU (CARDIAC ICU).....	295-4830	10 / 3
CIVILIAN DRUG FREE WORKPLACE PROGRAM		
295-6823		
CIVILIAN RECRUITMENT OFFICE (NURSES)	295-4549	1 / 5
CLINICAL MANAGEMENT		
295-1100		
CLINICAL PHARMACOLOGY (NIH)	295-1755	10 / 7
CLINICAL NUTRITION DEPARTMENT	295-4065	
COAST GUARD LIAISON	295-1659	5 / 1
CODING & ANALYSIS	295-2193	10 / 1
COLON HEALTH INITIATIVE	319-8284	9 / 1
COMBINED FOOD OPERATIONS	295-5360	9 / B
COMBINED FOOD OPERATIONS, GALLEY	295-6050	9 / B
COMBINED FOOD OPERATIONS,		
PATIENT TRAY LINE	555-5361	9 / B
COMBINED FOOD OPERATIONS,		

NAME	PHONE NUMBER	LOCATION
ROOM SERVICE	555-6569	9 / B
COMFORT ZONE COMPLEX		
(GYM / POOL) (MWR)	295-2450	23
COMMAND DUTY OFFICE	295-4611	10 / 1
COMMAND EVALUATION AND		
INVESTIGATIONS	319-4568	1 / 7
COMMAND FITNESS (PRT OFFICE)	295-5502	12 / 1
COMMAND MASTER CHIEF (CMC)	295-2429	10 / 2
COMMANDER, NNMCM	295-5800	
ACTION LINE:	295-0052	10 / 2
COMMISSARY (FOREST GLEN ANNEX)	(93) 295-7358	
COMMON ACCESS CARD		
(PERSONNEL SUPPORT DETACHMENT)	295-0103	8 / 2
COMMUNICATIONS AND		
STRATEGIC MARKETING	319-4108	1 / 8
COMPREHENSIVE DENTISTRY	295-0145	1 / 2
COMPTROLLER / DIRECTOR FOR RESOURCES	295-2426	1 / 5
COMPUTER HELP DESK (ONE STOP SHOP)	295-6300	10 / 2
CONSTRUCTION OFFICE (CONTRACTS).....	(93) 295-6768	14 / B
CONTINGENCY	295-2880	8 / 2
CONTRACT SERVICES	295-1570/1421	12 / B
CONTRACT SERVICES (LOGISTICS)	295-1271	12 / B
COUMIDEN CLINIC (CARDIOLOGY)	295-4497	9 / 2
CPO MESS	555-4308	9 / B
CREDENTIALS (PROFESSIONAL AFFAIRS)	319-4763/4790	10 / 1
CT ICU (CARDIO THORACIC ICU)	295-4830	9 / 3
CT SCAN (COMPUTER TOMOGRAPHY).....	295-4960	9 / B
CUSTOMER ADVOCACY.....	295-0156	9 / 1
CUSTOMER SERVICE		
(ACQUISITION MANAGEMENT)	295-0753	54 / 2
CUSTOMER SERVICE CENTER	295-/4000	9 / 1
CUSTOMER SERVICE SUPPORT (LOGISTICS) ..	319-4479/295-6451	9 / B
CYTOPATHOLOGY		
(LABORATORY)	295-0633	9 / 3
D		
DRUG AND ALCOHOL PREVENTION	295-0360	12 / 1
DECEDENT AFFAIRS	295-2216	10 / 1
DEERS (ELIGIBILITY QUESTIONS)	(800) 538-9552	
DENTAL (NNMC ORAL AND		
MAXILLOFACIAL SURGERY).....	295-4339	9 / 2
DENTAL READINESS	(93) 295-5411	2 / 2
DEPARTMENT OF DEFENSE (DOD)		
INFORMATION	(703) 545-6700	
.....	DSN: 227-0101	
DEPUTY COMMANDER	295-2427	10 / 2
DERMATOLOGY	295-4551/2	9 / 2
DEPLOYMENT SYNDROME HELPLINE	(800) 796-9699	
DEWITT ARMY HOSPITAL		
(FT. BELVOIR, VA)	(703) 805-0510	

NAME	PHONE NUMBER	LOCATION	NAME	PHONE NUMBER	LOCATION
DIABETES CARE CENTER	295-3037	9 / 1	(HAZMAT / RECYCLING)	295-6436	14
DIALYSIS	319-8114	10 / 4	EQUIPMENT DEPARTMENT	295-2008	54 / B
DICTATION	295-6630/319-4091	10 / 1	EQUIPMENT MANAGEMENT (LOGISTICS)	295-4338	3 / 2
DIRECTOR FOR ADMINISTRATION	295-5804	10 / 2	EVAL COORDINATOR	319-6806/8187	10 / 2
DIRECTOR FOR BEHAVIOR HEALTH	295-6637	10 / 2	EXCEPTIONAL FAMILY MEMBER		
DIRECTOR FOR CLINICAL SUPPORT			PROGRAM (EFMP)	295-5060	10 / 7
SERVICES	295-6033	10 / 2	EXECUTIVE HEALTHCARE	319-4409	7 / 1
DIRECTOR FOR COMMANDER'S STAFF			EXECUTIVE & LEGISLATIVE AFFAIRS	319-4143	10 / 2
(QUALITY / SPECIAL ASSISTANTS)	295-6078	10 / 2	EYE CLINIC (OPTOMETRY /		
DIRECTOR FOR GRADUATE PROFESSIONAL			OPHTHALMOLOGY)	295-1339	8 / 1
EDUCATION	319-6798	10 / 2	STAFF USE ONLY:	295-4942	
DIRECTOR FOR HEALTHCARE BUSINESS	295-5503	10 / 2	F		
DIRECTOR FOR PUBLIC HEALTH SERVICES	295-5602		FACILITIES MANAGEMENT	295-1114	14
DIRECTOR FOR RESOURCES	295-2426	10 / 2	EMERGENCIES (TROUBLE DESK)	295-1070	14
DIRECTOR FOR SURGICAL SERVICES	295-4790	10 / 2	FAMILY CARE PLAN		
DOD (DEPARTMENT OF DEFENSE)			(MANPOWER MANAGEMENT)	295-5202	8 / 2
INFORMATION	(703) 545-6700		FAMILY HEALTH CENTER FAIRFAX, VA		
.....	DSN: 227-0101		(PRIMUS)	(703) 849-8191	
DOSIMETRY CENTER	295-0142	4 & 6 / 4	FAMILY HEALTH CENTER WOODBRIDGE, VA		
DOVER AFB, DE, INFO	(302) 677-2113		(PRIMUS)	(703) 491-7668	
DRUG SCREENING (URINALYSIS)	295-6055	3 / 1	FIRE DEPARTMENT	295-0319	20
DRY DOCK (NEX GIFT SHOP)	(301) 951-6442	2 / 1	FIRE PREVENTION OFFICE	295-0043	55
DSN OPERATOR	(94) 564-0000/0111		FISCAL SERVICE	295-1060	54 / 2
PRESS "OPTION 2" WHEN PROMPTED			FISHER HOUSE	295-5334/5078	24 / 25
DUNKIN' DONUTS / SUBWAY	(301) 652-4667	2 / 1	FITNESS REPORTS COORDINATOR	319-6806/8187	10 / 2
E			FLEET LIAISON (MED HOLD)	319-8800	10 / 1
EAR, NOSE AND THROAT			FLEET & FAMILY SUPPORT OFFICE	319-4088	12
(ENT / OTOLARYNGOLOGY)	295-4664/4196	9 / 2	FLEET & FAMILY SUPPORT CENTER		
EARLE, NJ (BRANCH HEALTH CLINIC)	(732) 866-2300		(ANACOSTIA ANNEX)	(202) 433-6151	
EARLE, NJ (NAVAL WEAPONS STATION)	(732) 866-2000		AFTER HOURS:	(202) 369-1133	
EDUCATIONAL AND DEVELOPMENTAL			FLORIST (BETHESDA, MD)	(301) 656-8200	
EARLY INTERVENTION (EDIS)	295-5851	10 / 7	TOLL FREE:	(877) 656-8200	
EEG (SLEEP STUDY)	295-4762	9 / 2	FLOW CYTOMETRY (LABORATORY)	295-2068	
EFMP (EXCEPTIONAL FAMILY MEMBER			FORT BELVOIR, VA		
PROGRAM)	295-5060	10 / 7	(DEWITT ARMY HOSPITAL)	(703) 805-0510	
ELECTROPHORESIS / SPECIAL COAGULATION			FORT DETRICK, MD	(301) 619-8000	
(LABORATORY)	295-5557	9 / 2	DSN: 343-1110	
ELEVATOR SHOP	(301) 652-6620	7 / 1	FORT DIX, NJ	(609) 562-1011	
ELIGIBILITY QUESTIONS (DEERS)	(800) 538-9552		FORT LEE, VA	(804) 765-3000	
EMERGENCY MANAGEMENT	295-5202	5 / 1	FORT MCNAIR, D.C.	(202) 685-3742	
EMERGENCY ROOM			FORT MEADE, MD	(301) 677-6261	
(EMERGENCY MEDICINE)	295-4810	9 / 1	DSN: 622-6261	
ENDOCRINOLOGY	295-5165	9 / 2	FORT MYER, VA	(703) 545-6700	
ENDODONTICS	295-0077	1 / 2	DSN: 227-0101	
ENDOSCOPY (GI CLINIC)	295-4600	9 / 1	G		
ENT (EAR, NOSE AND THROAT /			GALLEY (COMBINED FOOD OPERATIONS)	295-6050	9 / B
OTOLARYNGOLOGY)	295-4664/4196	9 / 2	GARAGE (GOVERNMENT VEHICLES)	295-2503	55
ENVIRONMENTAL HEALTH	319-4372/4373	139	GAS STATION / QUICK-MART (NEX)	295-6129	31
ENVIRONMENTAL PROGRAMS					

NAME	PHONE NUMBER	LOCATION
GATE ACCESS LIST	295-4578	
GENERAL SURGERY CLINIC	295-4440/1	9 / 2
GENETICS COUNSELING (OB/GYN)	295-4408/2170/	
.....	319-5050	9 / 2
GI CLINIC (GASTROENTEROLOGY)	295-4600	9 / 1
GI/GU (GASTROINTESTINAL COLONOSCOPY)	295-4594	9 / 1
GRADUATE EDUCATION AND RESEARCH	295-2275	1 / 4
GRADUATE MEDICAL EDUCATION (GME)	295-2737	10 / 1
GRADUATE SCHOOL OF NURSING (USU)	(93) 295-1080	54 / 2
GROUNDS (ROADS & GROUNDS)	295-1114	241
GYM / POOL (MWR)	295-2450	23

H

HAND CLINIC (OCCUPATIONAL THERAPY) ..	295-4866	9 / B
HAZMAT (ENVIRONMENTAL PROGRAMS) ..	295-6436	14
HEALTH BENEFITS ADVISORS		
(TRICARE / CHAMPUS)	295-5143/4	9 / 1
HEALTH NET FEDERAL SERVICES	(877) 874-2273	
HEALTH PROMOTION	295-6649/2159	12 / 1
HEALTHCARE MEDIATOR	295-5434	10 / 7
HEARING CONSERVATION	295-6095	7 / 2
HEMATOLOGY/ONCOLOGY	(301) 435-5332	8 / 3
HEMATOLOGY/ONCOLOGY (WARD)	295-2589/90	10 / 5
HENDERSON HALL US MARINE		
CORPS, VA	(703) 614-7220	
HEPATITIS TESTING (LABORATORY)	295-4531	9 / 2
HIPAA HOTLINE	319-8802	
HIPAA PRIVACY OFFICE	319-4775	1 / 8
HISTOLOGY	295-2517/2520	9 / 3
HIV CLINIC / SPECIAL IMMUNOLOGY		
(JACKSON FOUNDATION)	295-6400	5 / 2
HIV TESTING / MAIL OUT TESTING		
(LABORATORY)	295-6120	9 / 3
HOMELAND DEFENSE		
(EMERGENCY MANAGEMENT)	295-3115	5 / 1
HOSPITAL ADMINISTRATION	295-5805	10 / 2
HOTLINE, WASTE, FRAUD		
AND ABUSE, NNMC	295-0269	
HOUSEHOLD GOODS, INCOMING		
(FORT BELVOIR, VA)	(703) 806-4900	
TOLL FREE:	(800) 762-7186	
HOUSEHOLD GOODS, OUTGOING (WRAMC) ..	(202) 782-3430	
HOUSEKEEPING (MAKRO SERVICES)		
BLDGS 1-10 / 54 /55)	295-1050	7 / 1
HOUSEKEEPING (MAKRO / GROUNDS)	295-1823	4 & 6 / 5
HOUSING REFERRAL	295-11380798	4 & 6 / 2
HUMAN RESEARCH PROTECTION		
(CLINICAL INVESTIGATIONS)	295-2269	1 / 4

NAME	PHONE NUMBER	LOCATION
HUMAN RESOURCE OFFICE (HRO)	295-6800/15	1 / 5
HYPERBARIC CHAMBER	(93) 295-5875	53
I		
ICU (INTENSIVE CARE UNIT)	295-2606/4830	9 / 3
IDENTIFICATION CARDS (PSD)	(93) 295-0103	8 / 2
IMMUNIZATIONS	295-5798	9 / 1
INDIAN HEAD, MD		
(BRANCH MEDICAL CLINIC)	(301) 744-4601	
INDIAN HEAD, MD (NAVAL SURFACE		
WARFARE CENTER)	(301) 744-4000	
INDUSTRIAL HYGIENE, CARDEROCK, MD ..	(301) 227-4927	
INDUSTRIAL HYGIENE,		
DAHLGREN, WV	(540) 653-1816/2879	
INDUSTRIAL HYGIENE, EARLE, NJ	(732) 866-2053	
INDUSTRIAL HYGIENE, INDIAN HEAD, MD	(301) 744-4910	
INDUSTRIAL HYGIENE, LAKEHURST, NJ	(732) 323-1822/5232	
INDUSTRIAL HYGIENE, MECHANICSBURG, PA	(717) 605-1975	
INDUSTRIAL HYGIENE, NAVAL AIR FACILITY		
WASHINGTON, DC	(240) 857-9290	
INDUSTRIAL HYGIENE, NAVAL RESEARCH		
LABORATORY, DC	(202) 404-4458/67	
INDUSTRIAL HYGIENE, NNMC	319-4366/7	139
INDUSTRIAL HYGIENE, PHILADELPHIA, PA..	(215) 897-6115	
INDUSTRIAL HYGIENE,		
WASHINGTON NAVY YARD, D.C.	(202) 433-8809	
INDUSTRIAL HYGIENE,		
WILLOW GROVE, PA	(215) 773-2160	
INFECTION CONTROL	319-4371	
INFECTIOUS DISEASES	295-6400	5 / 2
INFECTIOUS DISEASES (TRAVEL CLINIC)	319-8369	5 / 2
INPATIENT PHARMACY	295-2121	10 / 3
INSPECTOR GENERAL, BUMED (MEDICAL) ..	295-9010	1 / 19
INTENSIVE CARE UNIT (ICU)	295-2606/4830	9 / 3
INTERN INFORMATION (GME /		
CHIEF CLINICAL STAFF)	295-0739	10 / 1
INTERNAL MEDICINE BLUE CLINIC	295-0196	9 / 1
INTERNAL MEDICINE GOLD CLINIC	295-0196	7 / 1
INTERNAL MEDICINE WARD (5C)	295-4159/60	10 / 5
INTERVENTIONAL RADIOLOGY		
(SPECIAL PROCEDURES)	295-4332	9 / 3
INVENTORY MANAGEMENT (LOGISTICS) ..	295-4070/6039	9 / B
ITD, HELP DESK / ONE-STOP SHOP	295-6300	10 / 2
STAFF USE:	295-2595	10 / 2
ITD, HELP DESK, AFTER HOURS	295-2664	
ITD, MESSAGE CENTER	295-0235	6 / 1
ITD, ONE STOP SHOP	295-6300	10 / 2
ITD, TELECOMMUNICATIONS	319-8180	5 / 3
ITD, TELEMEDICINE	295-8251	9 / 1
ITD, TELEPHONE REPAIR	319-4765	5 / 3

NAME	PHONE NUMBER	LOCATION	NAME	PHONE NUMBER	LOCATION
J					
JACKSON FOUNDATION (HIV / SPECIAL IMMUNOLOGY)			LEGISLATIVE & EXECUTIVE AFFAIRS	319-4143	10 / 2
(INFECTIOUS DISEASE CLINIC).....	295-6400	5 / 2	LIBERTY ZONE	295-0256	23
JOINT COMMISSION SPECIALIST	319-4618	1 / 7	LIBERTY ZONE AT THE CZC (MWR).....	295-4727	23
JOINT TASK FORCE			LIBRARY (E R STITT)	295-1184	8 / 1
NATIONAL CAPITAL REGION MEDICAL	319-8400	27	LIMITED DUTY COORDINATOR	295-5511	
JOURNAL, THE (NNMC NEWSPAPER)	319-4560	1 / 8	OFFICER	295-6799	8 / 2
JUDGE ADVOCATE GENERAL, STAFF (JAG)	295-2215	1 / 6	ENLISTED	319-4808	10 / 1
JTF CAP-MED	319-8400	27	LINEN MANAGEMENT (LOGISTICS)	295-2205	9 / B
K			LOCATOR, NAVY, WORLDWIDE	(901) 874-3388	
KELLY SERVICES.....	295-6555	12 / B	DSN: 882-3388	
L			LOGISTICS, ACQUISITION MANAGEMENT ..	295-1063	54 / 2
LABOR & DELIVERY	319-5000	10 / 6	LOGISTICS, BIO-MEDICAL REPAIR.....	295-3874/6	9 / B
LABORATORY, ACCESSIONING /			LOGISTICS, CONTRACT SERVICES	295-1570/1271	12 / B
SPECIMEN COLLECTION	295-0250	9 / 2	LOGISTICS, CUSTOMER SERVICE	295-6451/	
LABORATORY, ADMINISTRATION	295-2100	9 / 3	319-4479/80/81	9 / B
LABORATORY, ANATOMIC PATHOLOGY	295-2520/2517	9 / 3	LOGISTICS, EQUIPMENT MANAGEMENT	295-4338	3 / 2
LABORATORY, APHAERESIS.....	295-2104/5	9 / 1	LOGISTICS, INVENTORY MANAGEMENT	295-3932	9 / B
LABORATORY, BLOOD COLLECTING/			LOGISTICS, LINEN MANAGEMENT	295-2205	9 / B
DRAWING	295-2100	9 / 2	LOGISTICS, MATERIALS MANAGEMENT (CDD).....	295-4539/38	9 / B
LABORATORY, CHEMISTRY	295-5080	9 / 2	LOGISTICS, POSTAL OPERATIONS		
LABORATORY, CYTOLOGY	295-0633	9 / 3	(MILITARY POST OFFICE)	295-0162/5161	7 / 1
LABORATORY, ELECTROPHORESIS /			LOGISTICS, PROCUREMENT, CORE	295-1026	54 / 2
SPECIAL COAGULATION	295-5557	9 / 2	LOGISTICS, PROCUREMENT,		
LABORATORY, FLOW CYTOMETRY	295-2068		FORWARD DEPLOYED.....	295-5822	54 / 2
LABORATORY, HEMATOLOGY	319-4185	9 / 3	LOGISTICS, RECEIPT CONTROL	295-5822	54 / B
LABORATORY, HEPATITIS TESTING	295-4531	9 / 2	LOGISTICS, WAREHOUSE MANAGEMENT,		
LABORATORY, HIV TESTING /			PROPERTY	295-3932	54 / 1
MAIL OUT TESTING	295-6120	9 / 3	LOGISTICS, WAREHOUSE MANAGEMENT,		
LABORATORY, MICROBIOLOGY	295-2043	9 / 2	RECEIVING.....	295-2004/6.....	54 / 2
LABORATORY, MYCOLOGY	295-5490	9 / 2	M		
LABORATORY, PARASITOLOGY	295-2043	9 / 2	MAKRO CLEANERS (HOUSEKEEPING).....	295-1823/1050	4 / 1
LABORATORY, POINT OF CARE TESTING.....	295-5838/5072		MAIN STREET CAFÉ (NEX).....	(301) 986-4996	2 / 1
LABORATORY, SEROLOGY /			MALCOLM GROW MEDICAL CENTER		
VIROLOGY / IMMUNOLOGY	295-4531	9 / 2	(ANDREWS AFB, MD).....	(240) 857-5911	
LABORATORY, SPECIAL			MALCOLM GROW MEDICAL CENTER (NAVY &		
COAGULATION STUDIES.....	295-5557		MARINE CORPS LIAISON)	(240) 857-4143	
LABORATORY, TRANSFUSION	295-0968	9 / 3	MAMMOGRAMS		
LACTATION ROOM (CALL MICC FOR ACCESS) ..	295-5653	10 / 7	(BREAST IMAGING CENTER / 4C)	319-8501	10 / 4
LAKEHURST, NJ			MAMMOGRAPHY FILE ROOM.....	319-8537	9 / 1
(BRANCH HEALTH CLINIC)	(732) 323-7099		MANPOWER MANAGEMENT	319-8759	8 / 2
LAKEHURST, NJ (NAVAL AIR STATION)	(732) 323-2011		MANPOWER MANAGEMENT,		
LASER VISION CENTER	295-1200	8 / 1	FAMILY CARE PLAN	295-6607	8 / 2
LAUNDRY AND DRY CLEANING (NEX)	(301) 251-4448	57	MANPOWER MANAGEMENT, LEAVE DESK ..	295-5208	8 / 2
LEAVE DESK (MANPOWER MANAGEMENT) ..	295-5208	8 / 2	MANPOWER MANAGEMENT,		
LEGAL, LEGAL ASSISTANCE	295-6052	12 / 1	OFFICER PROGRAMS	295-0405	8 / 2
LEGAL, STAFF JUDGE ADVOCATE			MANPOWER MANAGEMENT, SPMS	295-2487	8 / 2
GENERAL'S OFFICE	295-2215	1 / 6	MANPOWER MANAGEMENT, TAD OFFICE.....	319-4898/295-0741	8 / 2
			MANPOWER MANAGEMENT, TRANSFERS ..	319-8404	8 / 2
			MANPOWER PERSONNEL TRAINING & EDUCATION		

NAME	PHONE NUMBER	LOCATION	NAME	PHONE NUMBER	LOCATION
COMMAND	295-5594	1 / 7	(TRANSPORTATION OFFICE)	(301) 496-5326	
MARC TRAIN INFORMATION	(800) 543-9809		NATIONAL PERSONNEL RECORDS CENTER		
MARINE BARRACKS, DC	(202) 433-4073		ST LOUIS	(314) 801-0800	
.....	DSN: 288-4073		NAVAL ACADEMY (NAVAL STATION		
MARINE CORPS LIAISON	295-6111/2	139	ANNAPOLIS, MD) MAIN OPERATOR	(410) 293-1000	
MATERIALS MANAGEMENT			DSN: 281-1000	
(CDD) (LOGISTICS)	295-4539/38	9 / B	NAVAL AIR FACILITY (ANDREWS AFB, MD)	(240) 857-2850	
MATERNITY WARD	319-5000	10 / 6	DSN: 857-2850	
MCDONALD'S RESTAURANT (NEX)	(301) 564-9549	31	NAVAL AIR STATION (LAKEHURST, NJ)	(732) 323-2011	
MECHANICSBURG, PA			NAVAL AIR STATION		
(BRANCH MEDICAL CLINIC)	(717) 605-2636		(PATUXENT RIVER, MD)	(301) 342-3000	
.....	DSN: 430-2636		DSN: 342-3000	
MECHANICSBURG, PA			NAVAL AIR STATION (WILLOW GROVE, PA) (215)	443-1000	
(NAVAL SUPPORT ACTIVITY)	(717) 605-2000		NAVAL BUSINESS CENTER		
.....	DSN: 430-2000		(PNBC / PHILADELPHIA, PA)	(215) 897-8147	
MEDEVAC OFFICE	295-2620	10 / 1	NAVAL CRIMINAL INVESTIGATION		
MED HOLD	295-5715	50	SERVICE (NCIS)	295-0570	3 / 1
MEDICAL ACCOUNTS SERVICE LINE	295-4891	1 / 11	NAVAL DOSIMETRY CENTER	295-0142	4 & 6 / 4
MEDICAL BOARDS	295-5511/2	10 / 1	NAVAL HOSPITAL (CAMP LEJEUNE, NC)	(910) 451-3079	
MEDICAL GRAPHIC ARTS	319-4936	1 / 1	NAVAL HOSPITAL (CAMP PENDLETON)	(760) 725-1288	
MEDICAL HOLD (MERCY HALL)	295-5515/5715/6	50	NAVAL HOSPITAL (PORTSMOUTH, VA)	(757) 953-5000	
MEDICAL INSPECTOR GENERAL	295-9010	1 / 19	NAVAL MEDICAL CENTER		
MEDICAL LIABILITY (INPATIENT TPC)	295-1006/4890	10 / 1	(SAN DIEGO, CA)	(619) 532-6400	
MEDICAL MEDIA PRODUCTIONS	295-0058	7 / 1	DSN: 522-6400	
MEDICAL PHOTOGRAPHY	295-1014/5	4 / 2	NAVAL MEDICAL INFORMATION MANAGEMENT		
MEDICAL REPAIR (LOGISTICS)	295-5515/3874/5/6	9 / B	CENTER (NMIMC)	319-1000	27
MESSAGE CENTER (ITS)	295-0235	6 / 1	NAVAL MEDICAL RESEARCH CENTER		
METRO BUS / RAIL INFORMATION			(NMRC, WRAMC)	319-9000	
(WASHINGTON DC AREA)	(202) 637-7000		NAVAL RESEARCH LAB	(202) 767-3592	
MICC (MOTHER INFANT CARE CENTER)	319-5000	10 / 6	NAVAL SECURITY GROUP ACTIVITY		
MICROBIOLOGY (LABORATORY)	295-2043	9 / 2	(SUGAR GROVE, WV)	(304) 249-6302	
MORGUE	295-2507	9 / B	NAVAL STATION ANACOSTIA	(202) 433-0960	
MOTHER INFANT CARE CENTER (MICC)	319-5000	10 / 6	NAVAL STATION ANNAPOLIS, MD		
MRI (MAGNETIC RESONANCE IMAGING)	295-6585	9 / 1	(U.S. NAVAL ACADEMY)	(410) 293-1000	
MWR, BOWLING CENTER	295-2034	56	DSN: 281-1000	
MWR, CHILD DEVELOPMENT CENTER	295-0167/0014	26	NAVAL SUPPORT ACTIVITY		
ANACOSTIA	(202) 433-3055		(MECHANICSBURG, PA)	(717) 605-2000	
MWR, COMFORT ZONE COMPLEX			DSN: 430-2000	
(GYM / POOL)	295-2450	23	NAVAL SURFACE WARFARE CENTER		
MWR, INFO CENTER	295-0434	2 / 1	(CARDEROCK, MD)	(301) 227-2828	
MWR, LIBERTY ZONE AT THE CZC	295-4727	23	NAVAL SURFACE WARFARE CENTER		
MWR, POOL	295-2450	23	(DAHLGREN, VA)	(540) 653-8531	
MWR, USUHS CAFÉ	(301) 493-6554	71	NAVAL SURFACE WARFARE CENTER		
MYCOLOGY (LABORATORY)	295-5490	9 / 2	(INDIAN HEAD, MD)	(301) 744-4000	
			NAVAL WEAPONS STATION		
			(EARLE, NJ)	(732) 866-2000	
			NAVY ANNEX, VA	(202) 433-2106	
			DSN: 288-2106	
			NAVY COLLEGE OFFICE (ANACOSTIA)	(202) 433-3615	
			NAVY COLLEGE OFFICE (NNMC)	295-2014/319-8340	

N

NATIONAL CANCER INSTITUTE (NCI)	(301) 496-0901	8 / 5
NATIONAL INSTITUTE OF HEALTH		
(INFORMATION)	(301) 496-4000	
NATIONAL INSTITUTE OF HEALTH		

NAME	PHONE NUMBER	LOCATION	NAME	PHONE NUMBER	LOCATION
NAVY FEDERAL CREDIT UNION.....	(301) 897-1263	2 / 1	RECRUITMENT OFFICE).....	295-4549	1 / 5
NAVY LOCATOR, WORLDWIDE	(901) 874-3388		NURSING RESEARCH.....	295-0833	1 / 5
.....	DSN: 882-3388		NURSING SERVICES (CHIEF OF		
NAVY LODGE (NNMC)	(301) 654-1795		NURSING STAFF)	295-6166	10 / 2
TOLL FREE:	(800) NAVYINN	52	NURSING SUPERVISOR (NURSE		
NAVY LODGE (WASHINGTON			OF THE DAY)	295-4260	10 / 4
NAVY YARD, DC)	(202) 563-6950		NUTRITION DEPARTMENT, CLINICAL	295-4065	
NAVY MEDICINE SUPPORT COMMAND	295-1251	1 / 18			
NAVY RECREATION CENTER			O		
(SOLOMON'S, MD)	(410) 286-5529/7301/7416		OB/GYN (ACUTE CARE CLINIC)	295-1438	9 / 2
NAVY-MARINE CORPS RELIEF SOCIETY	295-1207	8 / 2	OB/GYN (FRONT DESK)	295-6672	9 / 2
NAVY-MARINE CORPS RELIEF SOCIETY,			OB/GYN (GENERAL INFORMATION)	295-6906	9 / 2
(WASHINGTON NAVY YARD, DC).....	(202) 433-3364/5		OB/GYN (GENETICS COUNSELING).....	295-4408/2170	
NAVY-MARINE CORPS RELIEF SOCIETY,			319-5050	9 / 2
NIGHTS AND WEEKENDS	(877) 272-7337		OB/GYN (PRENATAL ASSESSMENT CENTER)	319-5050	10 / 6
NCI (NATIONAL CANCER INSTITUTE)	(301) 496-0901	8 / 5	OB/GYN (SECRETARY)	295-4394	9 / 2
NCIS (NAVAL CRIMINAL INVESTIGATION			OCCUPATIONAL MEDICINE CLINIC	295-0786	7 / 2
SERVICE)	295-0570	3 / 1	OCCUPATIONAL SAFETY	295-5733	139
NEONATAL ICU (NICU)	319-6428	10 / 6	OCCUPATIONAL THERAPY	295-4866	9 / B
NEPHROLOGY	295-4330	10 / 4	OFFICE OF CRIMINAL INVESTIGATIONS	295-3754	
NEUROLOGY	295-4770	9 / 2	319-4164	2 / 1
NEUROSURGERY	295-4420/1/2	9 / 2	OFFICE OF EMERGENCY MANAGEMENT	295-3115	5 / 1
NEW PARENT SUPPORT TEAM	319-4088	1 / 2	OFFICER PROGRAMS (MANPOWER		
NEX, ADMINISTRATIVE OFFICE	295-0871	57	MANAGEMENT)	295-0405	8 / 2
NEX, BARBER SHOP	295-6387	57	ONCOLOGY (HEMATOLOGY)	(301) 435-5332	8 / 3
NEX, BARBER SHOP, MAIN STREET	295-6390	2 / 1	ONE STOP SHOP (ITS)	295-6300	10 / 2
NEX, CAFÉ MARLENE			OPERATIONAL SUPPORT OFFICE		
(STARBUCKS COFFEE).....	(301) 986-5170	9 / 1	(RESERVE LIASION OFFICE)	295-0974	3 / 4
NEX, GIFT SHOP (DRY DOCK)	(301) 951-6442	2 / 1	OPHTHALMOLOGY (EYE CLINIC)	295-1339	
NEX, LAUNDRY AND DRY CLEANING.....	(301) 718-3611	57	STAFF USE ONLY:	295-4942	8 / 1
NEX, MAIN INFORMATION	295-6365	57	OPTICAL SHOP (NEX)	(301) 951-9060	57
NEX, MAIN STREET CAFÉ	(301) 986-4996	2 / 1	OR (OPERATING ROOM).....	295-4991 ext.100	9 / 3
NEX, MCDONALD'S RESTAURANT	(301) 564-9549	31	ORAL AND MAXILLOFACIAL SURGERY/OMFS		
NEX, OPTICAL SHOP	(301) 951-9060	57	(NNMC DENTAL).....	295-4339/40	9 / 2
NEX, PACKAGE STORE.....	295-6382	23	OROFACIAL PAIN CENTER	295-1495	2 / 3
NEX, QUICK-MART / CITGO GAS STATION	295-6129	31	ORTHODONTICS	295-5451	2 / 3
NEX, UNIFORM SHOP	295-1489	2 / 1	ORTHOPEDICS	295-4290/319-4195	
NEX, WILLIAM III COFFEE	295-5387	10 / 1	STAFF USE ONLY:	319-4194/4428	9 / 1
NICU (NEONATAL INTENSIVE CARE UNIT)	319-6428	10 / 6	OTOLARYNGOLOGY (EAR, NOSE, THROAT)	295-4664/4196	9 / 2
NIH, INFORMATION	(301) 496-4000		OUTPATIENT RECORDS	295-5150	9 / 1
NIH, TRANSPORTATION OFFICE	(301) 496-5326		OVERSEAS SCREENING (ACTIVE DUTY)	319-8581/8765	7 / 2
NMIMC (NAVAL MEDICAL INFORMATION			P		
MANAGEMENT CENTER)	319-1000	27	PACKAGE STORE (NEX)	295-6382	23
NMRC (NAVAL MEDICAL RESEARCH			PACU (POST ANESTHESIA CARE UNIT).....	295-4111 ext.150	9 / 3
CENTER, WRAMC)	319-9000		PAIN CLINIC	295-4111 ext.139	9 / 3
NNMC (TOLL FREE)	(800) 526-7101		PAO (PUBLIC AFFAIRS OFFICE).....	295-5727	1 / 8
NUCLEAR MEDICINE	295-4974	9 / B	PARASITOLOGY (LABORATORY)	295-2043	9 / 2
NURSE OF THE DAY			PARTIAL HOSPITALIZATION (ADOLESCENT)	295-6637	10 / 7
(NURSING SUPERVISOR)	295-4260	10 / 4	PASS & ID (PARKING PERMITS		
NURSE RECRUITMENT (CIVILIAN					

NAME	PHONE NUMBER	LOCATION	NAME	PHONE NUMBER	LOCATION
AND STAFF BADGES)	295-4607	7 / 1	POST OFFICE (U.S. GOVERNMENT)	(301) 941-2786/90.....	7 / 1
PASTORAL CARE	295-1510	8 / 1	POSTAL OPERATIONS (MILITARY		
PATHOLOGY, ANATOMIC (LABORATORY)	295-2520/2517	9 / 3	POST OFFICE) (LOGISTICS)	295-0162/5161	7 / 1
PATIENT ACCOUNTS (CASHIER)	295-1874/5599	10 / 1	PRECERT (INPATIENT TPC)	295-1000/6/4890	10 / 1
PATIENT ADMINISTRATION	295-2126	10 / 1	PRENATAL ASSESSMENT CENTER		
PATIENT ESCORT	295-4010	10 / 4	(OB/GYN)	319-5050	10 / 6
PATIENT SAFETY OFFICE	295-6236	1 / 7	PREVENTIVE MEDICINE	319-4372/3	139
PATIENT TRACKING	295-2263/4	10 / 1	PRIDE OF PLACE RECEPTION AREA	295-5997	1 / 5
PATIENT TRAY LINE			PRIMARY CARE MANAGER (TRICARE		
(NUTRITION MANAGEMENT)	295-4309	9 / B	AFTER HOURS)	(800) 747-3661	
PATUXANT RIVER, MD			PRIMUS (SEE "FAMILY HEALTH CENTER")		
(BRANCH MEDICAL CLINIC)	(301) 342-1418		PROCUREMENT, CORE (LOGISTICS)	295-1026	54 / 2
PATUXANT RIVER, MD (NAVAL AIR STATION) (301) 342-3000			PROCUREMENT, FORWARD DEPLOYED		
.....	DSN: 342-3000		(LOGISTICS)	295-5822	54 / 2
PCM (TRICARE AFTER HOURS PRIMARY			PROFESSIONAL AFFAIRS (CREDENTIALS)	295-2737/319-4793 ..	10 / 1
CARE MANAGER)	(800) 747-3661		PROSTHODONTICS (NNDC)	(93) 295-1179/1550	1 / 3
PEB (PHYSICAL EVALUATION BOARD			PROTOCOL	319-4409	10 / 2
LIAISON)	295-2143/75	5 / 1	PRT / PFA OFFICE	295-5502/319-4660 ..	12 / 1
PEDIATRIC DENTISTRY	295-1364	2 / 3	PSD, ADMINISTRATION SUPPORT	(93) 295-0715/6	8 / 2
PEDIATRICS	295-4900	9 / 1	PSD, COMMAND CHIEF	(93) 295-0117	8 / 2
STAFF USE ONLY:	295-4941	9 / 1	PSD, CUSTOMER SERVICE		
PENTAGON, VA	(703) 545-6700		(SERVICE RECORDS & PAY)	(93) 295-2612/2565/	
.....	DSN: 227-0101		0700/1151	8 / 2
PERFORMANCE ANALYSIS REPORTING	295-0585	54 / 2	PSD, EDUCATION SERVICES OFFICE	(93) 295-0131/0127	8 / 2
PERFORMANCE REPORTING SERVICE	295-0585	54 / 2	PSD, FISCAL	295-0701/0702	8 / 2
PERIODONTICS	295-1830/0077	1 / 2	PSD, IDENTIFICATION CARDS / DEERS	295-0103	8 / 2
PERSONNEL SUPPORT DETACHMENT	(93) 295-2612	8 / 2	PSD, PATIENT PERSONNEL	295-2161/0161	8 / 2
PFA / PRT OFFICE	295-5502/319-4660 ..	12 / 1	PSD, RECEIPTS	295-0614/0712	8 / 2
PHARMACY (DRIVE THRU)	295-6873	9 / 2	PSD, SEPARATIONS / REENLISTMENTS /		
PHARMACY (MAIN)	295-2123	9 / 2	EXTENSIONS	295-0705/0628/0626 ..	8 / 2
PHARMACY PHONE IN REFILLS	(800) 377-1723	9 / 2	PSD, TRANSFERS	295-1150/0711/0055 ..	8 / 2
PHILADELPHIA, PA (PNBC / NAVAL			PSD, TRANSPORTATION (SATO)	295-1067	8 / 2
BUSINESS CENTER)	(215) 897-8147		PSD, TRAVEL	295-0604/	
PHYSICAL EVALUATION BOARD			0713/0606	8 / 2
LIAISON (PEB)	295-2143/75	5 / 1	PSYCHOLOGY (ADULT BEHAVIORAL		
PHYSICAL FITNESS ASSESSMENT OFFICE ..	295-5502/319-4660 ..	12 / 1	HEALTH CARE)	295-0500	7 / 3 & 4
PHYSICAL THERAPY	295-4880/1	9 / B	PUBLIC AFFAIRS OFFICE (PAO)	295-5727	1 / 8
PHYSICAL THERAPY INPATIENT			PUBLIC SAFETY (SECURITY / BASE POLICE) 295-1246/7		7 / 1
SATELLITE	295-2883	10 / 5	PULMONARY MEDICINE	295-4191	9 / 1
PHYSICALS, DEPENDANT CHILDREN			PURCHASING		
(ADOLESCENT MEDICINE)	295-6168	9 / 1	(ACQUISITION MANAGEMENT)	295-0470	54 / 1
PLANS ANALYSIS & EVALUATIONS					
(PERFORMANCE ANALYSIS REPORTING) 295-0585		54 / 2			
PLASTIC SURGERY	295-2304	9 / 2			
PM&R (PHYSICAL MEDICINE					
AND REHABILITATION)	319-4195	9 / 1			
PODIATRY	295-4295	9 / 1			
POINT OF CARE TESTING (LABORATORY)	295-5838/5027				
POOL (COMFORT ZONE)	295-2450	23			
PORTSMOUTH, VA (NAVAL HOSPITAL)	(757) 953-5000				

Q

QUALITY MANAGEMENT DEPARTMENT	295-5815/1018	1 / 7
QUANTICO MARINE CORPS BASE, VA	(703) 784-2121	
.....	DSN: 278-2121	
QUANTICO MARINE CORPS BASE, VA		
(BRANCH MEDICAL CLINIC)	(703) 784-1699	
QUICK-MART / CITGO GAS STATION (NEX) 295-6129		31

NAME	PHONE NUMBER	LOCATION	NAME	PHONE NUMBER	LOCATION
R					
RADIATION ONCOLOGY	295-5000/1	9 / B	SEAT, ROOM RESERVATIONS	319-8219	1 / 5
RADIATION PHYSICS	295-1043	9 / B	SEAT, VOICE MENU	295-0181	1 / 5
RADIATION SAFETY	295-1043	9 / B	SECURITY (BASE POLICE / PUBLIC SAFETY)	295-1246/7	7 / 1
RADIOLOGY	295-5050	9 / 1	SECURITY MANAGER, ASSISTANT		
RADIOLOGY FILE ROOM.....	295-5858	9 / B	(CONTINGENCY)	295-2878	8 / 2
RCRD (RESPONSIBLE CONDUCT OF			SELF-HELP WORKSHOP	295-5169	54
RESEARCH DEPARTMENT)	295-2269	1 / 4	SEROLOGY / VIROLOGY / IMMUNOLOGY		
RECEIPT CONTROL (LOGISTICS).....	295-5822	54 / B	(LABORATORY)	295-4531	9 / 2
RECORDS, ACTIVE DUTY	295-0644	7 / 2	SHORT STAY UNIT		
RECORDS, INPATIENT	295-2201	10 / 1	(SAME DAY SURGERY)	295-2560/1	10 / 3
RECYCLING (ENVIRONMENTAL PROGRAMS).....	295-6436	14	SIERRA (SEE "HEALTH NET FEDERAL SERVICES")		
RED CROSS (FAMILY MEMBERS)	(301) 588-2515		STAFF JUDGE ADVOCATE GENERAL (SJAG)	295-2215	1 / 6
RED CROSS (NNMC)	295-1538	8 / 2	SLEEP LAB	295-4547	
RED CROSS AFTER HOURS (EMERGENCY			AFTER 2200:	295-2112	10 / 7
ASSISTANCE)	(877) 272-7337		SLEEP STUDY (EEG)	295-4762/3	9 / 2
REFERRAL MANAGEMENT	319-8123		SOCIAL WORK, CLINICAL (ADULT		
REPROGRAPHICS (SUPPORT SERVICES)	295-6176/7	12 / B	BEHAVIORAL HEALTHCARE)	295-0500	7 / 4
RESERVE LIAISON OFFICE (OPERATIONAL			SOCIAL WORK, CLINICAL (ADOLESCENT		
SUPPORT OFFICE)	295-0974/0975	3 / 4	BEHAVIORAL HEALTHCARE)	295-0576	10 / 7
RESERVE RECRUITING	319-8505	3 / 4	SOCIAL WORK, MEDICAL-SURGICAL	295-1719	7 / 4
RESPIRATORY THERAPY	295-4846	9 / 3	SOLDIER / AIRMAN HOME	(202) 730-3000	
RESPONSIBLE CONDUCT OF RESEARCH			SOLOMON'S NAVY RECREATION CENTER, MD.....	(410) 286-5529/7301	
DEPARTMENT (RCRD).....	295-2269	1 / 4	SOUTHERN ILLINOIS UNIVERSITY (SIU)	295-5983	12 / 1
RETIRED ACTIVITIES.....	295-4120	8 / 2	SPECIAL COAGULATION STUDIES		
RHEUMATOLOGY	295-4512	9 / 1	(LABORATORY)	295-5557	
RISK MANAGEMENT/PATIENT SAFETY	295-6236	1 / 7	SPECIAL IMMUNOLOGY / HIV CLINIC		
RLO (RESERVE LIAISON OFFICE)	295-0974/0975	3 / 4	(INFECTIOUS DISEASE CLINIC)	295-6400	5 / 2
ROADS AND GROUNDS (ENVIRONMENTAL)	295-1114	241	SPECIAL PROCEDURES		
			(INTERVENTIONAL RADIOLOGY)	295-4332	9 / 3
			SPEECH PATHOLOGY / THERAPY.....	295-2305/7	9 / 2
			SPMS COORDINATOR (STANDARD PERSONNEL		
			MANAGEMENT SYSTEM / MANPOWER)	295-2487	8 / 2
			SSU (SHORT STAY UNIT / SAME DAY		
			SURGERY)	295-2560/1	10 / 3
			STAFF EDUCATION AND TRAINING (SEE "SEAT")		
			STAFF JUDGE ADVOCATE GENERAL (SJAG)	295-2215	1 / 6
			STATE DEPARTMENT (24 HOURS).....	(202) 647-4000	
			AFTER HOURS:	(202) 647-1512	
			STERILE PROCESSING	295-4545	9 / B
			STITT LIBRARY	295-1184	8 / 1
			STRATEGIC MARKETING, COMMUNICATIONS	319-4108	1 / 8
			STROKE CLINIC.....	295-1755	10 / 7
			SUBSTANCE ABUSE AND REHAB PROGRAM		
			(SARP, NNMC).....	319-8852	5 / 1
			SUBSTANCE ABUSE AND REHAB PROGRAM		
			(SARP, WASHINGTON NAVY YARD, DC).....	(202) 433-7577	
			SUBURBAN HOSPITAL	(301) 896-3100	
			SUBWAY / DUNKIN' DONUTS		
			(RESTAURANT)	(301) 652-4667	2 / 1

NAME	PHONE NUMBER	LOCATION
SUGAR GROVE, WV (BRANCH HEALTH CLINIC)	(304) 249-6380/1	
SUGAR GROVE, WV (NAVY OPERATIONS COMMAND)	(304) 249-6310	
SUPER SHUTTLE, AIRPORT	(800) 258-3826	
SUPPORT SERVICES (REPROGRAPHICS)	295-6176/7	12 / B
SURGERY WARD	295-4142	10 / 5

T

TAD OFFICE (MANPOWER MANAGEMENT)	319-4898	8 / 2
TAILOR SHOP (NEX)	(93) 295-6358	2 / 1
TAXI, BARWOOD	(301) 984-1900	
TAXI, DIAMOND	(202) 387-6200	
TDRL (TEMPORARY DISABILITY RETIREMENT LIST)	295-5512	10 / 1
TELECOMMUNICATIONS (ITS)	319-8180	5 / 3
TELECONFERENCE, VIDEO	319-6929	4 / 3
TELEMEDICINE (ITS)	295-8251	9 / 1
TELEPHONE REPAIR (ITS ONE STOP SHOP)	295-6300	10 / 2
THORACIC SURGERY	295-2552	9 / 3
TIME AND ATTENDANCE	295-2020/295-4637	1 / 5
TRANSCRIPTION	295-2147	10 / 1
TRANSFERS (MANPOWER MANAGEMENT)	319-8404	8 / 2
TRANSFUSION (LABORATORY)	295-0968	9 / 3
TRANSIENT BARRACKS (COMFORT HALL)	295-5855/6	60
TRANSIENT BARRACKS (SOLACE HALL)	295-5288	61
TRANSPORTATION (NNMC)	295-2503	14
TRAVEL CLINIC, INTERNATIONAL	319-8369	9 / 1
TRICARE (HEALTH NET FEDERAL SERVICES)	(877) 874-2273	
TRICARE ONE CALL PROVIDER	(800) 747-3661	
TROUBLE DESK (FACILITIES MANAGEMENT)	295-1070	14
TROY STATE UNIVERSITY (NNMC)	(301) 656-5847	12 / 1
TUMOR BOARD / TUMOR REGISTRY	319-4785	10 / 1

U

ULTRASOUND	295-4961	9 / B
UNIFORM SHOP, NNMC	295-1489	2 / 1
UNIFORM THRIFT STORE (ANACOSTIA)	(202) 610-5419	
UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES (USUHS)	295-3770/9800	71
UNIVERSITY HEALTH CENTER (USUHS / BRANCH HEALTH CLINIC)	(93) 295-3630	
URINALYSIS (DRUG SCREENING)	295-6055	3 / 4
UROLOGY	295-4270/1	9 / 2
U.S. NAVAL ACADEMY (NAVAL STATION ANNAPOLIS, MD)	(410) 293-1000	
.....	DSN: 281-1000	
USNS COMFORT, BALTIMORE, MD	(410) 631-7461	
USUHS (CAFÉ)	(301) 493-6554	71
USUHS EXTERNAL AFFAIRS	(301) 295-1219	

NAME	PHONE NUMBER	LOCATION
USUHS (UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES)	295-3770	71
USUHS (UNIVERSITY HEALTH CENTER / BRANCH HEALTH CLINIC)	(93) 295-3630	
USUHS CAFÉ (MWR)	(301) 493-6554/5	71
UTILIZATION MANAGEMENT (CASE MANAGEMENT)	319-4593/4452	3 / 3
UTILIZATION REVIEW (INPATIENT THIRD PARTY COLLECTIONS)	295-4930	1 / 11

V

VASCULAR SURGERY	295-4440	9 / 2
VETERAN'S AFFAIRS MILITARY SERVICE COORDINATOR	319-8831	3 / 3
VETERAN'S AFFAIRS HOSPITAL, DC	(202) 745-8000	
VETERANS DISABILITY COUNSELOR (PEB LIAISON)	295-2143/75	5 / 1
VIDEO TELECONFERENCE	319-6929	4 / 3
VISUAL INFORMATION MANAGER	295-5595	4 / 3
VISUAL INFORMATION DIRECTOR	295-1227	4 / 3

W

WAREHOUSE MANAGEMENT, PROPERTY (LOGISTICS)	295-3932	54 / B
WAREHOUSE MANAGEMENT, RECEIVING (LOGISTICS)	295-2004/6	54 / 2
WASHINGTON NAVY YARD, DC (CDO)	(202) 445-1781	
WASHINGTON NAVY YARD, DC (BRANCH HEALTH CLINIC)	(202) 433-2480	
WASTE, FRAUD AND ABUSE HOTLINE	295-0269	
WELLNESS CENTER	295-6649	12 / 1
WHITE HOUSE INFORMATION	(202) 456-1414	
WILLIAM III COFFEE (NEX)	295-5387	10 / 1
WILLOW GROVE, PA (BRANCH HEALTH CLINIC)	(215) 443-6360	
WILLOW GROVE, PA (NAVAL AIR STATION)	(215) 443-1000	
WOUND CARE CLINIC (GENERAL SURGERY)	295-4440	9 / 2
WRAMC (ARMED FORCES INSTITUTE OF PATHOLOGY)	(202) 782-2106	
.....	DSN: 662-2106	
WRAMC (HOUSEHOLD GOODS, OUTGOING)	(202) 782-3430	
WRAMC (INFORMATION)	(202) 782-3501	
.....	DSN: 662-3501	
WRAMC (CASUALTY AFFAIRS)	(202) 356-1012	
WRAMC PUBLIC AFFAIRS OFFICE	(202) 782-7177	



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Bldg. 23

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 Stretching Area, Pavilion Reservations
 CZC Front Desk.....301-295-2450
 CZC Managers.....301-295-0030
 Pool.....301-295-0031

Liberty Zone

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 and More. Liberty Zone Front Desk.....301-295-4727
 Liberty Program Managers...301-319-8431/295-0256

Child Development Center

Bldg. 26

Information & Waiting List.....301-295-0014/0167
 Administrator.....301-295-5475

Bethesda Naval Bowling Center

Bldg. 56

Front Desk.....301-295-2034
 Bowling Center Manager.....301-295-2060

USU Café and Catering

Bldg. 70

Breakfast and Lunch M-F
 USU Café.....301-493-6554
 Catering.....301-493-6554

MWR Business Offices

MWR Director.....301-295-3577
 Admin. Officer.....301-295-0956
 Accounting.....301-295-1279
 Unit Fund Allocations.....301-295-1238
 Community Room Reservations.....301-295-3577
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